

Lemon Bars
Food Nanny Style
Makes: 12

Crust:

2 cups white Kamut flour or all purpose flour
½ cup sugar
¼ teaspoon Fleur de Sel salt or sea salt
1 cup cold butter (2 sticks) Land O Lakes

Filling:

1 ½ cups sugar
¼ cup white Kamut flour or all purpose flour
4 large eggs
4 medium size lemons, zest and juice of all 4 lemons, equal to ¾ cup to 1 cup lemon juice
Powdered sugar for sifting on top after cooled.

1. Preheat oven to 350 degrees.
Spray a 9x13 pan with Kirkland Canola Oil Cooking Spray

2. Crust: In a medium size bowl stir together the flour, sugar and salt. Using a paring knife slice small chunks of butter into the bowl. Use a pastry blender or two forks to cut the butter into the dry ingredients. When the mixture resembles blue cheese crumbles empty the mixture into a 9x13 pan and pat with your fingers into place, covering the entire bottom of the pan.

3. Bake at 350 for 20 min or just until it begins to slightly brown around the edges.

4. While the crust is baking prepare the filling:

Stir together the sugar and flour. Add the eggs and whisk to combine. Wash the lemons off with cold water. Dry. Zest all 4 lemons. (Use a grater to get all the yellow skin off the lemons). This is your zest. Cut the lemons in half and using your lemon juicer get the juice out of each half of the lemon. Measure $\frac{3}{4}$ to 1 cup lemon juice. Strain the juice so it is free of seeds. Add the juice and zest to the egg mixture. Whisk. Pour directly over top the baked hot crust and return to oven. Bake 19-20 more minutes.

5. Place on top of the stove. Wait until cool enough to handle and put in refrigerator uncovered for 2 hours. Dust the top with powdered sugar to liking. Cut into 12 squares. Serve.

Enjoy!!!

xo

