



LOW-FODMAP LEMON BARS



INGREDIENTS

ITEM

QUANTITY

- Certified Gluten-free Oat Flour ¾ Cup
- Granulated Sugar 2 Tbsps.
- Unsalted Butter, melted ¼ Cup
- Pure Vanilla Extract 1 Tsp.
- Pinch of Salt
- Large Eggs 2
- Fresh Lemon Juice ¼ Cup
- Finely Grated Lemon Zest 1 Tbsp.
- Granulated Sugar ½ Cup
- Cornstarch 1 Tbsp.
- Unsalted Butter, melted 1 Tbsp.
- Pinch of Salt

SERVING SIZE

1 BAR



PREPARATION

- ✔ Preheat the oven to 350°F.
- ✔ Line an 8-inch square baking pan with parchment paper.
- ✔ Combine the oat flour, sugar, melted butter, vanilla, and salt.
- ✔ Mix until a soft, crumbly dough forms.
- ✔ Press the mixture firmly and evenly into the bottom of the pan.
- ✔ Bake for 12-14 minutes, until lightly golden around the edges.
- ✔ While the crust bakes, whisk together the eggs, lemon juice, lemon zest, sugar, cornstarch, melted butter, and salt.

- ✔ Pour the lemon mixture over the hot crust.
- ✔ Bake for another 18-22 minutes, until the center is set but still slightly soft.
- ✔ Allow the bars to cool completely.
- ✔ Refrigerate for at least 1 hour before slicing.
- ✔ Cut into 9 equal bars.