BetterBody Foods

Key Lime Pie Bars

Prep: 15 min Cook: 35 min Total: 3 hr 45 min Servings: 16

Calories: 96 Fat: 6g Protein: 4g Carbs: 7g Fiber: 2g

Ingredients

crust:

- 1 1/2 cups almond flour
- 1/4 cup BetterBody Foods Coconut Flour
- 1/4 cup maple syrup or agave
- 1/3 cup coconut oil, room temperature
- 1/4 tsp salt

filling:

- 3/4 cup fresh squeezed lime juice
- 1/2 cup maple syrup or agave
- 2 Tbsp lime zest
- 2 Tbsp BetterBody Foods Coconut Flour, sifted

Directions

1. Preheat the oven to 350 degreesF and line a 99-inch baking dish with parchment paper or lightly coat it with nonstick spray.
2. In a bowl, mix all of the crust ingredients until well combined and a soft dough forms.
3. Press the dough evenly into the bottom of the prepared baking dish and bake for 15 minutes.
4. While the crust is baking, whisk together all of the filling ingredients, adding the sifted BetterBody Foods Coconut Flour last. Whisk until the mixture is smooth and free of clumps.
5. Once the crust is done baking, pour the filling directly over the hot crust.
6. Reduce the oven temperature to 325 degreesF and bake for 20-22 minutes, or until the filling is set. A slight jiggle in the center is okay.
7. Let the bars cool at room temperature for 30 minutes, then transfer to the refrigerator and chill for at least 3 hours.
8. Dust with powdered sugar, slice into bars, and serve. (For thicker bars, double the filling amount and add 10-12 minutes to the baking time.)
9. Enjoy your Key Lime Pie Bars!