

Old Fashioned Lemon Bars

A holiday classic, lemon bars combine the great taste of lemon with the sweetness of sugar. Unfortunately, it takes a lot of sugar to sweeten up a lemon! These luscious bars again take advantage of both a no-calorie sugar substitute and a sugar/sugar substitute blend to eliminate more than half the usual sugar, but none of the luscious sweet taste. This is one of those low sugar desserts you can love.



CRUST

1/2 cup white whole wheat flour
1/2 cup all-purpose flour
1/3 cup Splenda Granular
1/4 teaspoon salt
1/4 teaspoon baking powder
4 tablespoons cold margarine or butter
2 tablespoons buttermilk

TOPPING

2 large eggs + 1 egg white
3 tablespoons all-purpose flour
1/2 cup Splenda Sugar Blend for Baking
(or 1/2 cup EACH Splenda granular and granulated sugar)
2/3 cup lemon juice
1/3 cup buttermilk
1 tablespoon lemon zest
2 teaspoons powdered sugar

1. Preheat oven to 375 degrees F. Spray an 8-inch square pan with nonstick baking spray.
2. In a medium bowl, mix together flour, Splenda, salt and baking powder. Cut in margarine or butter until mixture resembles coarse crumbs. Sprinkle buttermilk over mix and blend. Press onto the bottom of the prepared pan. Chill for 15 minutes and then bake for 15-20 minutes or until lightly browned.
3. While crust is baking, prepare topping. In a large bowl, beat the eggs and egg whites with flour and Splenda Sugar blend. Beat in the lemon juice, and zest. Pour over hot crust.
4. Turn oven down to 350 degrees F and bake bars an additional 18-20 minutes or until top is set. Cool completely.
5. Just prior to serving, dust with powdered sugar if desired.

Serves 16 (1 bar)

Calories 100; Fat 4 grams (1 saturated); Carbohydrate 15 grams (sugar 8 grams); Fiber 0 grams; Protein 2 grams; Sodium 75 milligrams

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