

# Lemon Curd

## INGREDIENTS

- 2 lemons
- 3 medium eggs
- 1/3 cup honey, maple syrup, or coconut nectar
- 1/3 cup coconut oil or ghee

## INSTRUCTIONS

1. Zest lemons and beat with eggs and honey/coconut nectar/maple syrup (any of these is fine, just depends on your preference).
2. In a medium saucepan or pot, add the mixture and stir continuously over low/medium heat. It's SUPER important to keep stirring! While stirring, squeeze the lemons.
3. Once the mixture is slightly thickened (most likely about 8 minutes), add in the lemon juice and coconut oil/ghee very slowly while continuing to stir. Alternate adding about a tablespoon of each while stirring over medium heat.
4. Continue to stir over medium heat until the mixture just starts to bubble. You'll notice it gets very thick. At this point (about 5 minutes), remove from heat and pour into glass jars or containers and put in fridge.



## Superfood Highlight: Lemons

- Lemons are a great source of Vitamin C which helps to boost the immune system.
- Lemons are refreshing and help to make Dragon Fruit Lemon Zest Supernola so bright and refreshing even though it's mostly nuts and seeds