

kizingo® EATS

creamy vegan lemon bars

Is there anything better than a lemon dessert? Honestly ... I dare you to find me one!

While a traditional lemon bar is sometimes called for, these creamy vegan lemon bars more often make my “let’s make this recipe this weekend” list because they are gluten free, loaded with healthy fats, contain just 9 ingredients, require no baking, and do not sacrifice flavor. My kind of dessert.



INGREDIENTS

CRUST

9 pitted soft Medjool dates

1 cup walnuts

3/4 cup whole rolled oats (GF if you have them)

1/4 tsp sea salt

1 to 2 Tbsp water

FILLING

1 14 oz can coconut cream (see notes)

1 1/4 cup raw cashews

2 Tbs lemon zest

1/3 cup fresh lemon juice

1/3 cup maple syrup

1/8 tsp sea salt

DIRECTIONS

Make the crust: In a food processor, place the dates, walnuts, oats, and salt and process until the mixture comes together into a sticky ball. If necessary, gradually add 1 to 2 tablespoons of water.

Line a 7 x 9-inch or 8 x 8-inch baking pan with parchment paper and press the crust to the edges of the pan. The crust is very sticky, so I like to use a sheet of parchment paper on top to help smooth it out. Place the pan in the freezer while you make the filling.

Make the filling: In a high-speed blender, puree the coconut cream, cashews, lemon zest, lemon juice, maple syrup, and salt until smooth. Pour the filling over the crust and freeze overnight. Let thaw at room temperature for 20 minutes before slicing into bars and serving.

(I like adding a little extra lemon zest over top for an added punch.)

NOTES

This recipe comes directly from Love & Lemons Every Day by Jeanine Donofrio and Jack Matthews. I take no credit. Be sure to use coconut cream as opposed to coconut milk. This will matter in the texture of the topping! Once ready, you can cut them into bars and store in the freezer for eating at your pleasure. (They are best if given a few minutes to thaw before eating.)



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