

Healthy Gluten-Free Paleo Lemon Bars



These healthy gluten-free paleo lemon bars are a simple dessert with a fresh citrus flavor and a soft, creamy texture. They are made without conventional flour and fit well into a paleo-style approach while still feeling like a proper treat.

The contrast between the tender base and the bright lemon layer gives them a clean, balanced finish. They work well for a lighter dessert, for sharing at home, or for preparing ahead and keeping chilled until serving time.

Because they are both gluten-free and paleo, they can also fit better into more intentional meal planning when you want something sweet without drifting too far from a more controlled eating routine.

Why these lemon bars work well

These bars stand out for their clear lemon flavor and their softer ingredient profile. They are ideal when you want a dessert that feels homemade, fresh, and less heavy than more traditional baked sweets.

They can also be portioned easily, which makes them practical if you are trying to keep serving sizes more consistent.

Preparation

Start by preparing the crust mixture and pressing it evenly into the baking dish. Bake until the base is lightly golden and just set.

While the crust is baking, prepare the lemon filling. Mix the ingredients until smooth and well combined, with enough time for the citrus to integrate properly into the mixture.

Pour the filling over the baked crust and return the dish to the oven until the center is set but still slightly soft. Let it cool fully before slicing so the bars hold their shape cleanly.

For the best texture, chill them before serving. This helps the layers settle and gives the bars a more defined finish. You can serve them as they are or add a little lemon zest on top for a brighter final touch.

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HEALTHY RECIPE

PALEO LEMON BARS

Bright, healthy and naturally delicious.

These paleo lemon bars are refreshing, easy to make and crafted with real, nourishing ingredients. Gluten-free, grain-free and naturally sweetened. The perfect treat for a light dessert or an energizing snack.



GLUTEN FREE



DAIRY FREE
GRAIN FREE



REAL FOOD
INGREDIENTS



NATURAL
ENERGY



GOOD FOR
EVERYONE

INGREDIENTS

Makes approx. 9 bars

FOR THE CRUST:



1 ½ cups almond flour



¼ cup shredded coconut
unsweetened



3 tbsp coconut oil
melted



2 tbsp raw honey
or maple syrup



1 tsp vanilla extract



¼ tsp sea salt

FOR THE LEMON FILLING:



¾ cup fresh lemon juice
(about 3–4 lemons)



½ cup raw honey
or maple syrup



4 large eggs



2 tbsp arrowroot powder
or tapioca starch



Zest of 1 lemon



¼ tsp turmeric
(optional, for natural color)

HOW TO MAKE

1



Preheat the oven to 350 °F (175 °C) and line a square baking pan (8x8 in / 20x20 cm) with parchment paper.

2



Make the crust: In a bowl, mix almond flour, coconut, melted coconut oil, honey, vanilla and salt until a sandy, sticky dough forms.

3



Press the mixture firmly into the bottom of the prepared pan to create an even layer.

4



Make the filling: In another bowl, whisk together eggs, lemon juice, honey, arrowroot starch, lemon zest and turmeric (if using) until smooth.

5



Pour the filling over the crust and smooth the top with a spatula.

6



Bake for 20–25 minutes, or until the filling is set but still slightly jiggly in the center.

7



Let cool at room temperature, then refrigerate for at least 2 hours before slicing into bars. Store in the refrigerator.

TIPS TO ENJOY



Use fresh lemons for the best flavor.



You can substitute honey with maple syrup if preferred.



Add extra shredded coconut or lemon zest on top before serving for a special touch.



Store in the refrigerator for up to 5 days.

NUTRITION FACTS

(per bar approx.)

⚡ Calories	210 kcal
🔥 Healthy Fats	14 g
⊕ Net Carbohydrates	17 g
🌿 Fiber	2 g
👤 Protein	5 g

Values are approximate and may vary depending on the ingredients used.

WHY YOU'LL LOVE THEM



Refreshing, citrusy and naturally sweet.



Gluten-free, dairy-free and grain-free.



Made with whole, real and nourishing ingredients.



Perfect for a healthy lifestyle and paleo.



These paleo lemon bars are the perfect balance of tart and sweet. A healthy dessert that nourishes your body and delights your taste buds.



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