



Lavender Lemon Bars

 Vegetarian

READY IN



120 min.

SERVINGS



24

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.3 cup virgin coconut oil softened
- ☐ 4 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon lavender buds dried
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.5 cup juice of lemon
- ☐ 1 dash salt

☐ 2 cups sugar white

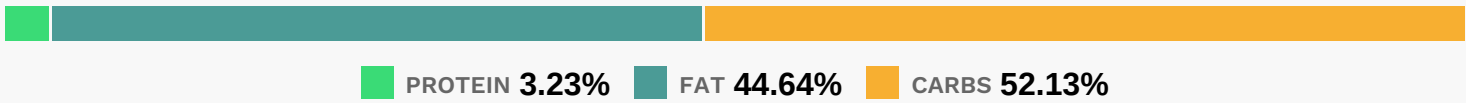
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease an 8x12 inch baking dish.
- ☐ Make lavender sugar by blending the sugar and 2 teaspoons lavender buds in a blender; blend until the lavender is powdered.
- ☐ Blend together with an electric mixer 1/4 cup of the lavender sugar, butter, coconut oil, 2 cups flour, and salt in a bowl until a dough forms; press into the bottom of the prepared dish.
- ☐ Bake in the preheated oven until the top begins to turn golden brown; about 15 minutes.
- ☐ While the dough bakes, mix together the remaining lavender sugar, 1/4 cup flour, eggs, lemon juice, lemon extract, and 1/2 teaspoon lavender buds; pour over the baked crust and return to the oven to bake until the center is set, about 20 minutes. Allow to cool completely and dust with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:9.05, Glycemic Load:12.36, Inflammation Score:-1, Nutrition Score:1.2113043568704%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 133.39kcal (6.67%), Fat: 6.86g (10.56%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 18.03g (6.01%),
Net Carbohydrates: 17.98g (6.54%), Sugar: 16.79g (18.66%), Cholesterol: 37.45mg (12.48%), Sodium: 42.68mg
(1.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Selenium: 2.85µg (4.06%), Vitamin A:
158.4IU (3.17%), Vitamin B2: 0.05mg (2.68%), Vitamin C: 1.98mg (2.4%), Folate: 6.99µg (1.75%), Phosphorus: 17.47mg
(1.75%), Vitamin E: 0.2mg (1.32%), Vitamin B5: 0.13mg (1.3%), Vitamin B12: 0.07µg (1.22%), Iron: 0.21mg (1.14%)