



Blueberry Lemon Yogurt Bars

Makes 16 servings

Ingredients

Nonstick cooking spray
1½ cup unsweetened graham cracker flour
3 tablespoons avocado oil
2 teaspoons lemon zest, freshly grated
¼ teaspoon fine sea salt
1 whole egg
3 egg whites

2 cups fat-free vanilla Greek yogurt, with no added maple syrup
1 teaspoon maple syrup
¼ cup freshly squeezed lemon juice
1 tablespoon freshly grated lemon zest
¾ cup fresh blueberries

Instructions

1. Preheat oven to 350 degrees.
2. Line an 8-inch baking dish with parchment paper, then coat it with nonstick cooking spray.
3. To make the crust, add graham cracker flour, avocado oil, 2 teaspoons lemon zest and salt to the bowl of a food processor; pulse to combine. Press mixture into the bottom of the prepared pan. Bake for 10 – 15 minutes, or until crust is golden brown. Then remove pan from the oven and set aside to cool.
4. To make the filling, process the egg, egg whites, yogurt, maple syrup, lemon juice and remaining 1 tablespoon lemon zest in a blender until smooth. Stir in the fresh blueberries. Pour the filling onto the prebaked crust.
5. Transfer pan to the oven and bake for 25 – 30 minutes, or until the center is set. Remove pan from the oven and place on a wire rack to cool completely. Cut into 16 equal-sized squares and serve chilled or at room temperature.

Nutrition Facts

Serving size: 1 square; calories per serving: 90; total fat: 4g; saturated fat: 5g; cholesterol: 15mg; sodium: 105mg; carbohydrates: 10g; dietary fiber: 0g; protein: 4g; sugars: 6g

Source: www.diabetesfoodhub.com

