



PREPARATION: 10 MINUTES

COOKING: 45 MINUTES

16 SERVINGS

LEMON SQUARES

INGREDIENTS

1 cup all purpose flour

½ cup unsalted butter

¼ cup powdered sugar

2 large eggs

1 cup white sugar

2 tablespoons all purpose flour

½ cup lemon juice

PREPARATION

- 1** Preheat oven to 350°F. Spray 8"×8" square baking pan with cooking spray.
- 2** To make the shortbread crust, in a mixing bowl, add the first amount of flour, butter and powdered sugar. Mix to combine.
- 3** Press crust mixture firmly in the bottom of the baking pan. Bake 20 minutes. Remove from oven.
- 4** In a mixing bowl, whisk together the eggs, sugar, and flour. Add the lemon juice and continue to whisk.
- 5** Pour lemon mixture over warm baked shortbread crust.
- 6** Bake 20–25 minutes until lemon custard is set. Remove from oven and cool.
- 7** Cover and refrigerate.
- 8** Cut into 16 pieces before serving.

Note: Whisk together immediately before baking. Do not prepare the lemon mixture in advance.

Nutrient Analysis

PER SERVING:

1/16 of recipe

RENAL EXCHANGE:

1 ½ Starch

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|---------------|---------|
| Calories | 158Kcal |
| Protein | 2g |
| Carbohydrates | 23g |
| Fibre | 0g |
| Total Fat | 7g |
| Saturated Fat | 4g |
| Cholesterol | 40mg |
| Sodium | 9mg |
| Potassium | 27mg |
| Phosphorus | 22mg |