

SUGAR-FREE LEMON GLAZED LOAF



When I have a sweet tooth I need to bake IMMEDIATELY. This low-carb and sugar-free Lemon Loaf was made with almond meal and coconut flour. Used coconut oil as my fat and Lakanto as the sweetener. Very Delish. The whole family, including the anti-keto kids, loved it!

Servings 12 | Prep time - 10 min | Bake time - 45-55 min

Ingredients

Wet ingredients:

- 4 eggs
- 1/3 cup Coconut oil
- 1/4 cup of sweetener (Lankanto is our preference - see alternatives below)

- 1 tsp of Vanilla
- 3 tbsp of Almond Milk
- Juice from 1 lemon (reserve 1/2 for icing)
- Rind from 1 lemon

Dry Ingredients:

- 2 cups of Almond Meal (not flour)
- 1/2 tsp of Baking Soda
- 1/2 tsp salt

Icing:

- 1/2 of the reserved lemon juice
- 5 tbsp of sweetener

- 2 large eggs, beaten

Directions

1. Preheat the oven to 340 degrees F.
2. Line a loaf pan with baking paper in both directions.
3. In a mixer, cream together solid room temperature coconut oil and 1/4 cup of sweetener. Once incorporated, add eggs, one at a time until well blended.
4. Add vanilla, lemon juice (minus reserved 1/2 for icing), almond milk and rind of lemon. Mix well.
5. Add ground almonds, baking soda and salt in a separate bowl. Mix well and add the dry ingredients to the wet ingredients.
6. Pour batter into a prepared loaf pan and bake for 45-50 minutes. Test loaf after 45 minutes for doneness.

7. Once loaf is finished baking, remove from oven and while hot add icing. The sugar may not completely dissolve in the lemon juice. This is fine. There are many brands of Sugar-free Powdered sugar available as an option. Once you've mixed the sugar and lemon juice together, pour on top of hot loaf. Spread with back of spoon.

8. Let cool for 5 minutes before removing from pan.

Note:

Depending on the almond meal you use, the final product will have bits of mealy almonds in the loaf. If you do not like the texture, (we do!) sift your almond meal/flour prior to remove almond bits. Be sure you have a full 2 cups.

Ingredient Options:

Sweetener options - erythritol, xylitol, monk fruit sweetener blends, Swerve, Lakanto

Powdered sugar options - [here](#) are some brands that would work well

Juice and rind - lemon, lime or grapefruit.

Fat - coconut, butter, flaxseed oil - you can also try using 1/2 of one and 1/2 of another