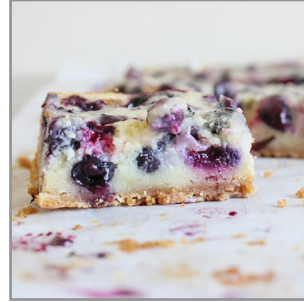


## Lemon Blueberry Bars

A diabetic-friendly recipe

### Ingredients:

- Cooking spray
- 1 1/2 cups unsweetened graham cracker flour
- 3 tablespoons oil
- 2 teaspoons plus 1 tablespoon lemon zest
- 1/4 teaspoon salt
- 1 whole egg
- 3 egg whites
- 2 cups nonfat vanilla Greek yogurt
- 1 teaspoon maple syrup
- 1/4 cup lemon juice
- 3/4 cup blueberries



### Directions

1. Preheat oven to 350°F. Spray an 8-inch baking dish with cooking spray.
2. Place graham cracker flour, oil, 2 teaspoons lemon zest, and salt into the bowl of a food processor. Pulse several times to combine. Press mixture firmly into the bottom of the prepared baking dish. Bake 10 minutes. Remove pan from oven and allow to cool.
3. Place whole egg, egg whites, yogurt, maple syrup, lemon juice, and 1 tablespoon lemon zest in a blender until smooth. Stir in blueberries. Pour into the prepared crust.
4. Bake 25 minutes or until center is firm. Allow to cool on a cooling rack before cutting and serving.

*Makes 16 servings*

***To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.***