

## Lemon Almond Bars

1 1/3 cup almonds, dry roasted, unsalted, whole  
1 Tbsp sugar  
9 packets SPLENDA® No Calorie Sweetener  
4 eggs, large, separated  
2 tsp grated lemon rind  
1/2 tsp ground cinnamon  
2 tsp vanilla extract  
1 tsp baking soda  
2 Tbsp olive oil  
1 pinch salt  
1/2 tsp lemon juice

Grind almonds in a food processor with sugar. Set aside.

In a medium-sized bowl, beat egg yolks, 4 packets of SPLENDA, lemon rind, cinnamon, vanilla extract, baking soda, oil, and salt until light-colored and thick. Stir in almond mixture.

In a separate bowl, beat egg whites until soft peaks form. Gradually add lemon juice and remaining SPLENDA, beating until stiff but not dry. Very carefully fold beaten egg whites into almond mixture until combined.

Transfer batter to a long loaf pan, which has been lined with wax paper and greased. Bake at 375 degrees F for about 35 minutes, or until tester comes out clean.

Cool and turn out onto a plate. Remove wax paper. Cut into bars. Makes 12 servings.

Nutrition Information per serving. 138 calories, 5 grams protein, 12 grams fat, 4 grams carbohydrate, 136 mg sodium.