

# Swervin' Through The Year

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Recipes, tips, holidays, and talking points for every month of the year!

## April

- Coming up this month: Spring, Easter, Irritable Bowel Syndrome (IBS) Awareness Month
  - Tips & Talking Points
    - Did you know you can use pigmented foods like beets, turmeric, and red onion skins to naturally dye Easter eggs? Mix these up with some white vinegar for a healthier take on this Easter tradition!
  - Light and Lemony Recipes
    - Lemon Poppyseed Cake
    - Lemon Bars
    - Lemon Creme Sandwiches



## Lemon Poppyseed Cake

### Ingredients

Cake	Icing	Instructions
<ul style="list-style-type: none"><li>• 1 box <a href="#">Swerve Vanilla Cake Mix</a></li><li>• 3 eggs</li><li>• 1/3 cup melted coconut oil</li><li>• 1/3 cup fresh lemon juice</li><li>• 2 tablespoons lemon zest</li><li>• 2 tablespoons poppyseeds</li><li>• 1 tablespoon vanilla extract</li></ul>	<ul style="list-style-type: none"><li>• 3 oz softened cream cheese</li><li>• 1/4 cup softened butter</li><li>• 1/2 teaspoon vanilla</li><li>• 1/2 cup <a href="#">Swerve Confectioners</a></li></ul>	<ol style="list-style-type: none"><li>1. Preheat the oven to 350° F and line an 8 inch round cake pan with parchment paper and grease the sides with butter.</li><li>2. In a large mixing bowl mix together the <a href="#">cake mix</a>, eggs, coconut oil, lemon juice, lemon zest, vanilla extract, and poppyseeds.</li><li>3. Pour the batter into the prepared cake pan and transfer to the oven to bake for 25-30 minutes until the center is set and a toothpick inserted into the middle comes out clean. Transfer the cake to a cooling rack.</li><li>4. While the cake is cooling make the icing by beating together the cream cheese, butter, and vanilla in a medium mixing bowl with a hand mixer until light and fluffy. Slowly incorporate the <a href="#">Swerve Confectioners</a>.</li><li>5. Ice the cake with an offset spatula, store in the refrigerator until ready to serve removing about 20 minutes before serving to come to slightly room temperature.</li></ol> <p><b>NOTE: Store refrigerated up to 5 days</b></p>

## Lemon Bars

### Ingredients

#### Crust

- 1/8 cup coconut flour
- 1 cup almond flour
- 1/3 cup Swerve, Confectioners
- 1/2 tsp of salt
- 1/4 cup of butter or coconut oil (cold)
- 2 TBS cold water

### Instructions

#### Shortbread Crust

1. Preheat the oven to 325°F. Excessively grease a 8 X 8 glass dish to prevent sticking; or line dish with parchment paper.
2. In a medium mixing bowl or food processor, mix the almond flour, coconut flour, Swerve, and salt together.
3. Cut cold butter into small pieces or squares. Pulse in a food processor, or press into dry mixture with a fork until it looks like corn meal (it is okay to have some chunks of butter in your mixture- this is shortbread).
4. Add two TBS of cold water to the mixture. It should begin to loosely combine. Place in greased dish and press dough evenly into dish. It will come together when you press it into dish. Bake for 20- 25 minutes, until edges are brown, and parts of the shortbread surface lightly browns. Remove from oven, and let cool.

#### Filling

- 5 large eggs
- 1 cup Swerve, Confectioners
- 1 TBS grated lemon zest
- 1/2 cup freshly squeezed lemon juice
- 1/4 cup of unsweetened protein powder
- 1/4 cup of coconut flour
- 1/2 tsp of xanthan gum

#### Filling

1. Preheat the oven to 350 degrees.
2. Whisk together the eggs, Swerve, lemon zest, lemon juice, protein powder, coconut flour, and xanthan gum until well combined.
3. Pour over the cooled crust and bake for 25 to 30 minutes, until the filling is set. Remove from oven and let cool to room temperature.
4. Cut into squares and dust with Swerve, Confectioners.

**Note: Once the bars come to room temperature, you can cover and refrigerate them to store. Let them sit out for an hour before serving.**

***Makes about 12 servings.***

## Lemon Cream Sandwiches

### Ingredients

#### Lemon Shortbread Cookie

- ½ cup butter (room temperature)
- ½ cup [Swerve, Granular](#)
- 1 ¾ cup of blanched almond flour
- 2 TBS unsweetened protein powder
- ½ tsp salt
- ½ tsp vanilla extract
- 1 TBS lemon zest
- ½ tsp lemon extract (optional)

### Instructions

#### Lemon Shortbread Cookies

1. Preheat oven to 325 degrees and line two baking sheets with parchment paper or silicone baking mats.
2. In stand mixer on medium high speed, beat butter and [Swerve, Granular](#) until creamy.
3. Add almond flour, protein flour, vanilla extract, lemon zest, and salt and beat on medium until well combined.
4. Roll the dough into around 28 balls, and place balls evenly across both cookie sheets. Halfway flatten each ball gently with a flat rimmed glass or cocktail glass. If they stick to the bottom of the glass, gently peel off dough.
5. Place one cookie sheet in the oven and bake for 5 minutes. Take out of oven and press each cookie down again with bottom of the glass. they will be ¼ inch thick.
6. Place back into oven and cook for another 8 minutes. They will be light brown on the edges
7. Remove from oven and let cool on cookie sheet. Place second cookie sheet in oven and follow the same steps.

**Note:** Cookies can sit out on the counter for a few hours and become a little more firm if you have the time and makes them a bit more crisp.

#### Lemon Cream Cheese Filling

- 4 oz cream cheese (room temperature)
- 1/4 cup unsalted butter (room temperature)
- 1/4 tsp lemon extract
- 1 TBS fresh lemon juice
- 1/2 tsp fresh lemon zest
- 1/3 cup [Swerve, Confectioner's](#)

#### Lemon Cream Cheese Filling

1. In an electric mixer or with a hand mixer on medium high speed, mix cream cheese until smooth. Then add [Swerve Confectioners](#) and beat until smooth. Add remaining ingredients and beat on medium high for 10 minutes. Provide fluffiness and helps combine flavors. Place into icing bag with a [Wilton 1A Round Tip](#).
2. Take two individual cookies. With the first cookie pipe about a quarter size of the filling onto the center of the cookie. Place the other cookie on top of cookie with filling and squeeze together. Set aside, and follow this process for all cookies until you have around 14 lemon cream sandwiches.

**Makes 14 sandwiches**