

TREAT: LOW-CARB CHOCOLATE LAVA CAKE



Serves: 4
Prep: 10 mins
Chill: 5-7 mins



Nutrition per serving:
205 kcal
19g Fats
3g Carbs
5g Protein



GF

LC

V

Q



WHAT YOU NEED

- 1.5 oz. (50g) 85% dark chocolate, chopped
- 1.5 oz. (50g) butter
- 1/2 tsp vanilla extract
- 2 eggs

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C) and grease 4 small ramekins with butter.

Place the chocolate in a saucepan, add butter and slowly melt together.

Add the vanilla extract and stir until smooth, then set aside. Allow the chocolate to cool slightly.

Crack the eggs into a bowl and beat with a hand mixer until fluffy. Pour in the melted chocolate and mix well.

Transfer the batter into the greased ramekins and place in the oven. Immediately lower the heat to 350°F (175°C). Bake for 5 mins, then remove from the oven and serve lukewarm with a dab of crème or ice cream (optional and not included in nutrition info).