



Chocolate Lava Cakes with Raspberries (2 servs)

2 servings

20 minutes

Ingredients

- 2 tbsps Coconut Oil (melted and cooled)
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Apple Cider Vinegar
- 1/2 tsp Vanilla Extract
- 1/2 cup All Purpose Gluten-Free Flour
- 1/4 cup Coconut Sugar
- 2 tbsps Cocoa Powder
- 1/2 tsp Baking Powder
- 1/8 tsp Baking Soda
- 1/8 tsp Sea Salt
- 43 grams Dark Chocolate (squares)
- 1/3 cup Raspberries

Nutrition

Amount per serving	
Calories	482
Carbs	66g
Fiber	12g
Sugar	24g
Protein	5g
Cholesterol	1mg
Sodium	389mg
Vitamin A	124IU
Vitamin C	5mg
Calcium	194mg
Iron	4mg
Vitamin D	22IU

Directions

- 1 Preheat the oven to 350°F (175°C). Grease the ramekins with oil.
- 2 In a large bowl, whisk the coconut oil, milk, vinegar, and vanilla.
- 3 Add the flour, sugar, cocoa powder, baking powder, baking soda, and salt. Whisk until just combined.
- 4 Add half of the batter into each ramekin. Place the chocolate into the center and then fill the ramekins with the remaining batter.
- 5 Place the ramekins on a baking sheet and transfer to the oven. Bake for 14 to 15 minutes, until the sides are cooked through and the top is mostly firm to the touch.
- 6 Let cool a few minutes to continue cooking. Top with raspberries and serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: This recipe uses two eight ounce (120-mL) ramekin dishes for two servings. One ramekin is one serving.

Additional Toppings: Top with a dusting of cocoa powder or powdered sugar.

Gluten-Free: This recipe was tested using Bob's Red Mill 1-to-1 Gluten-Free Flour. If using another type of flour, results may vary.