

Keto Lava Cake

This recipe is amazing, like mindblowingly chocolatey gooey amazing. It's an incredibly versatile recipe.

Ingredients:

- 150g butter (1 stick + 3 1/3 tablespoon)
- 100g Lindt 90% dark chocolate (3.5 ounces)
- 150g powdered erythritol (1 cup)
- 1 tsp vanilla beans OR vanilla extract
- 5 eggs
- 50g cocoa powder (1/3 cup)

Preheat your oven to 180C or 350F

Directions:

1. Melt the chocolate and the butter together in a pan over a low heat.
2. Once the chocolate mixture is melted, add the cocoa powder, erythritol and vanilla powder. Stir well until mixed.
3. Mix the eggs into the mixture one at a time. The eggs will make the chocolate mixture very wet and lumpy at first, the first time I did it, I was sure I had screwed up somewhere - just keep whisking.
4. After you've added the third egg, the mixture will start to become smooth again. That's it - the mixture is ready to be cooked. For the lava cake, you will need ramekins. This mixture can make 4 large cakes or 6 small cakes. The ramekin size also affects the cooking time, so this recipe requires a bit of concentration. My dishes were 4.5 cm deep and 8 cm in diameter. Grease the ramekins with butter before adding the chocolate mixture.
5. Fill the ramekins half way up, the mixture rises slightly.
6. Once your oven is up to temperature, carefully place the cakes on a rack in the centre of the oven. Even heat is important. I cooked mine for **13 - 14 minutes** but this is potentially different for more than two cakes at a time. The timing is easy to figure out if you keep an eye on what the cakes are doing. These aren't soufflés, so feel free to take them out of the oven to inspect if need be, they won't sink. Once the outside edges are raised and cooked but the centre is still soft, your cakes are done. If your ramekins are smaller, cook for a shorter time!
7. Once they are cooked, place them on a heat proof surface and put a plate on top of the ramekin. Carefully flip the plate and the ramekin over in one movement. Let the ramekin sit, upside down, for a few seconds then gently lift it up. The cake should slide out and remain on the plate. Serve immediately, either as is, or with whipped cream and strawberries.

Approximate macros per serving (4 lava cakes):

carbs - 4.8g fat - 52g protein - 13g calories - 540

Recipe and images by www.alittlebitofketo.com

