TATUA
Specialised Dairy

Chocolate Lava Cakes - Low Carb

Ingredients

100g dark chocolate, chopped
50g butter
4 eggs
2 Tbsp fine almond meal
1/3 cup powdered sweetener (or white sugar if not low carb)
Tatua Unsweetened Dairy Whip

Method

1. Preheat oven to 180°C, and grease four ramekins with butter.
2. Melt chocolate and butter together in a medium bowl in the microwave in 20 second bursts, stirring between each. Or melt in a heat proof bowl over a pot of simmering water. Stir to combine thoroughly.
3. Beat eggs in a medium bowl with an electric beater, and add eggs, almond meal and sweetener to the chocolate mix. Fold in gently until combined, the mixture will be a pourable consistency.
4. Pour the mixture evenly into the four ramekins, and bake for 12-16 minutes until the top is set, but the mixture is still jiggly. You may need to check it every minute after 12 minutes, so you don't overcook them. (When you break into it with a spoon, it should be like soft chocolate mousse or custard).
5. Serve while still warm with a big swirl of Tatua Unsweetened Dairy Whip, either straight in the ramekins, or upturned onto a plate - you won't believe your taste buds that this chocolate-ey goodness is low carb!

Serves 4