



Keto Chocolate Lava Cake

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

236.8 calories, 23.26 g carbohydrate, 6 g fiber, 3.76 g NET carbs, 7.87 g protein, 20.88 g fat

Ingredients

- 3 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1 scoop Vital Whey Natural
- 3 ounce(s) Lily's Dark Chocolate Chips
- 1 large pastured egg
- 1/4 cup(s) grass-fed butter
- 1 large pastured egg yolk

Preparation

1. Preheat oven to 400 F. Bring eggs to room temperature.
2. In a heavy bottomed saucepan or double boiler, melt the chocolate with the butter and stir until smooth. Alternately, microwave on high in 20 seconds bursts until melted.
3. In a medium bowl, whisk together egg, egg yolk, erythritol and protein powder. Beat in chocolate mixture until smooth and glossy.
4. Pour into paper-lined muffin cups and bake for 7 minutes, or until puffed up and still a bit moist looking on the tops. Do NOT over bake.
5. Let cakes stand for one minute, then invert on to individual serving dishes.
6. Enjoy warm.

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