



Instant Pot Keto Chocolate Lava Cake

Active Time: 10 minutes | **Total Time:** 40 minutes | **Serves:** 6

Nutrition Information Per Serving

281.8 calories, 20.82 g carbohydrate, 5.72 g fiber, 3 g NET carbs, 6.45 g protein, 26.46 g fat

Ingredients

- 4 1/10 ounce(s) Lily's Chocolate Chips
- 4 egg(s) eggs
- 8 Tbsp(s) butter
- 4 Tbsp(s) Lakanto Golden
- 1/8 cup(s) almond flour
- 1/10 tsp(s) salt
- 1 tsp vanilla extract

Preparation

1. Grease 4-ounce ramekins. In the inner liner of your Instant Pot, add one cup of water and the trivet.
2. In a microwave-safe medium bowl, combine the butter and the chocolate chips. Microwave on high for 30 seconds. Stir and microwave for 30 seconds more to fully melt.
3. In a mixing bowl, add the eggs, sweetener and vanilla extract. Beat with a hand mixer on high until pale and fluffy, about 2 minutes.
4. Add almond flour and salt and mix again. Add in the melted chocolate mixture to combine.
5. Fill each ramekin about $\frac{3}{4}$ of the way full with batter. Cover tightly with foil. Place 4 ramekins directly on steamer rack and then place remaining ramekins on top of these to build a pyramid.
6. Close and lock the lid. Set the valve to sealing. Set the pressure to High Pressure and cook time to 6 minutes. When the time is up, quick-release the pressure. Quickly and carefully remove ramekins from Instant Pot.
7. While still warm, flip ramekins over to unmold lava cakes. Serve immediately.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.