

# Keto Single Serve Chocolate Lava Cake

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 16.3 g, Fiber: 7.7 g, **Net carbs: 8.6 g**,

Protein: 13.9 g, Fat: 32.4 g, Calories: 359 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 1 servings)

3 tbsp [cacao powder](#) (16 g/ 0.6 oz)

3 tbsp granulated [Swerve](#) or [Erythritol](#) (30 g/ 1.1 oz)

1/4 tsp [gluten-free baking powder](#)

pinch [sea salt](#)

1 large egg

2 tbsp heavy whipping cream or [coconut milk](#) (30 ml)

1 tsp unsweetened [vanilla extract](#)

*Optional:* 1/4 tsp espresso powder

28 g 100% [dark chocolate](#) (1 oz)

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## Instructions

1. In a small bowl mix together the cacao powder, Swerve, salt, baking powder, and optionally espresso powder. Add in the remaining wet ingredients and mix until smooth.
2. Grease a small ramekin and pour all but 2 tablespoons of the batter into the ramekin.
3. Place the piece of dark chocolate in the middle and spoon the remaining batter over it to cover.
4. Microwave for 1 minute just until the outside is set, it should still wiggle in the middle significantly. If the edges aren't set cook in 15 second intervals until set. *Tips for cooking in the oven: If you don't have a microwave, I suggest you make 4-8 servings at once. Preheat the oven to 175 °C/ 350 °F and cook for about 12-15 minutes or until cooked in the centre.*
5. Let stand for 1-2 minutes before flipping onto a plate to serve. Serve immediately.

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