

Keto White Chocolate & Matcha Lava Cake

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per 1/2 cake): Total carbs: 8.3 g, Fiber: 4.1 g, **Net carbs: 4.2 g,**

Protein: 7.4 g, Fat: 30.1 g, Calories: 326 kcal,

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



Ingredients (makes 2 servings)

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- 3 tbsp [almond flour](#) (24 g / 0.9 oz)
- 2 tsp [matcha powder](#)
- 1/4 cup powdered [Swerve](#) or [Erythritol](#) (40 g/ 1.4 oz)
- 1/4 tsp [gluten-free baking powder](#)
- pinch of sea salt
- 1 large egg
- 1 tbsp [cacao butter](#), melted (15 ml)
- 2 tbsp heavy whipping cream or [coconut milk](#) (30 ml)
- 1 tsp sugar-free [vanilla extract](#)
- 2 tbsp [coconut butter](#), frozen and broken into chunks (32 g/ 1.1 oz)

Instructions

1. In a small bowl whisk together all ingredients except the coconut butter and about 1/2 tsp Swerve for dusting. Pour all but 2 tablespoons batter into one greased ramekin.
2. Place the coconut butter in the center of the batter then cover with the remaining batter. Microwave for 1-2 minutes 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 (fan assisted) and cook for about 10 minutes.*
3. Invert onto a plate. Dust with the remaining Swerve. Optionally, serve with a dollop of whipped cream.
4. Serve immediately.

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