Chocolate Keto Lava Cake

**Servings: 4 Prep Time: 10-15 mins Cook Time: 25-30 mins**

2 tbsp (15g) Lupin Flour (Can substitute for almond flour, just use 3 tbsp)

1/3 cup of Sweetener of your choice

1 tsp Baking Powder

1/4 tsp Xanthan Gum

3 Eggs

3 oz (85g) 100% Cacao Baker’s Chocolate

3 oz (85g) Butter

6 Cocoa Butter Wafers (optional)

1 tsp Espresso Powder

1 tsp Vanilla Extract

1 tsp Cake Batter Extract (optional)

Special Equipment:

Hand Mixer

Preheat oven at 350F.

In a small bowl, add lupin flour, baking powder, and xanthan gum. Mix until well combined. Set the bowl aside. In a separate bowl, add the eggs and sweetener then using a hand mixer, whisk for 1-2 minutes until frothy.

Add vanilla extract, cake batter extract, espresso powder, and the bowl of dry ingredient to the wet. Gently fold everything together—do not use the hand whisk. Once the mixture is well incorporated, set aside.

Prepare a bain-marie (also known as a water bath). Fill a medium saucepot about 1/3 of the way and let heat on medium. Using a glass or stainless-steel bowl, set on top of the pot. Add in the butter, baker’s chocolate, and cocoa butter wafers. Allow the heat of the water to gently melt your ingredients.

Once melted, remove from heat and slowly pour into the batter as you lightly stir it in. The batter should be thick and resemble a traditional cake batter. Pour into four 4 oz lightly oil ramekins. Allow them to cook for 5-6 minutes if you want a gooey center. If you want the cake done the cook for 8-9 minutes.

**Nutritional Facts for 1 Chocolate Lava Cake:** 378.8 Calories, 1.6 Net Carbs, 35.1g Fat, 9.0g Protein.