The Body Nurse™

Low-Carb Chocolate Lava Cakes



Oven-Baked | 4 Servings

Rich, moist chocolate cakes with a soft, fluffy exterior and a delicious molten dark chocolate centre. Perfect served warm with freshly whipped cream!

Ingredients – 4 Ramekins

- ☐ **¾ cup almond flour** (finely ground, blanched)
- ☐ **3 large** eggs
- ☐ **40 g** unsalted butter, melted and slightly cooled
- ☐ **40 ml** thickened cream
- ☐ **2½–3 tbsp** unsweetened cocoa powder
- ☐ **4 tbsp** allulose
- ☐ **½ tsp** baking powder
- ☐ **1 tbsp** vanilla extract
- ☐ **¼ tsp** instant coffee powder (optional, enhances chocolate flavour)
- ☐ **Pinch** of sea salt
- ☐ **40 g** dark chocolate (85%+ or sugar-free), divided into four 10 g portions

Nutritional Macros
(Per Serving / 1 Cake)

Calories	**349 kcal**
Net Carbs	4.6 g
Fat	30.4 g
Protein	11.0 g

Method

1. **Preheat oven:**
   - **Conventional (no fan) oven:** 180°C.
   - **Fan-forced oven:** 160°C.

   Position the rack in the middle.
2. **Prepare ramekins:** Use four ovenproof ceramic ramekins (approx. 180–200 ml each). Rub a little butter around the inside of each to prevent sticking.
3. **Mix wet ingredients:** In a bowl, whisk the 3 eggs, melted butter, thickened cream and vanilla until smooth and slightly frothy.
4. **Add dry ingredients:** Stir in the almond flour, cocoa powder, allulose, baking powder, instant coffee and salt. Mix until you have a smooth, spoonable batter.
5. **Divide mixture:** Spoon the batter evenly between the four ramekins. They should be just under half-full.
6. **Create the lava centres:** Drop a 10 g portion of dark chocolate into the middle of each ramekin. Use your spoon to gently push it down and smooth a layer of batter over the top so the chocolate is fully submerged.
7. **Bake:**
   - **Conventional oven:** Bake at 180°C for 10–14 minutes.
   - **Fan-forced oven:** Bake at 160°C for 10–14 minutes.

   The edges and top surface should look set and firm to a gentle touch, while the very centre will still have a slight jiggle.
8. **Rest and serve:** Allow to stand for 2–3 minutes. Top with freshly whipped cream and enjoy immediately while warm!

Tips for Success

- Use **finely ground, blanched** almond flour for a lighter texture.
- **Richer Chocolate Flavour:** I use Dutch-processed cocoa powder for a smoother, richer flavour and a deeper, darker chocolate colour.
- Bake on the middle rack for even cooking.
- Check at 10 minutes – ovens can vary slightly.
- Use 85%+ dark chocolate or a sugar-free option.
- Serve warm for the best molten centre.



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