



Clean Eating

HEALTHY CHOCOLATE LAVA CAKE



6 servings



20 minutes

INGREDIENTS

Dry Ingredients:

- 100g oat flour (gluten free)
- 60g lupin flour
- 60g sugar free sweetener
- 3 tbsp cocoa powder
- 1 tsp baking powder
- 1/4 tsp baking soda
- Pinch of salt

Wet Ingredients:

- 90g ripe banana (1 small banana)
- 180ml plant based milk
- Half a lemon juice
- 1 tsp vanilla extract

Additional/optional chocolate filling:

- 60g dairy free chocolate (10g each cupcake)

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DIRECTIONS

- Preheat oven to 360°F / 180°C.
- Pop all ingredients into a blender and blend until mixture is smooth.
- Pour mixture into cupcake mold. The batter should make about 6 cupcakes
- Poke a little block of dark chocolate or sugar free chocolate into the center of each cupcake. My suggested serving size is about 10g (0.35 oz) of chocolate per cupcake, but I used more because I like it better with more chocolate!
- Bake for 15–20 minutes, then remove from the oven and allow to rest for a couple of minutes before serving.
- Enjoy!

NOTES

I used monk fruit erythritol and stevia as the sugar free sweetener for this recipe, but you may use your favourite sugar/sweetener instead.

You may use whatever variety of chocolate you prefer to suit your dietary needs! Eg. milk chocolate, dark chocolate, or sugar-free chocolate if you are conscious of your sugar intake.

CREDIT: chloeting.com