



Chocolate Lava Cake

364 Calories

Ingredient List

- 1 scoop chocolate whey protein powder (31g)
- 3 tbsp cocoa powder
- 2 tbsp brown sugar zero-calorie sweetener
- 1 tbsp flour
- 1/4 tsp baking powder
- Pinch of salt
- 1 egg
- 1/2 cup of fat-free milk
- 1/2 tbsp butter, melted
- 1/4 tsp vanilla extract
- 30 sugar-free chocolate chips (7g)
- Cooking spray
- Confectioner's sugar substitute (for serving)
- Light or fat-free whipped topping (for serving)

Cooking Instructions

1. Coat the inside of a shallow bowl with cooking spray.
2. Add the protein powder, cocoa powder, brown sugar sweetener, flour, baking powder, and a pinch of salt and mix.
3. In a separate bowl mix the egg, milk, melted butter, and vanilla extract.
4. Pour the liquid ingredients into the dry ingredients and stir until smooth.
5. Microwave the sugar-free chocolate chips for 30-40 seconds until melted.
6. Add the melted chocolate chips to the middle of the lava cake batter. Microwave the cake for 60 - 75 seconds.
7. Top the cake with the zero-calorie confectioner's sugar and optionally, the whipped topping. Enjoy!

