

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Molten Lava Chocolate Cakes

Makes 4 individual cakes

Bake these individual cakes in ramekins or custard cups and serve warm, straight out of the oven, and watch the gooey chocolate flow out of the center when you cut into it. So good!

Ingredients:

6 tablespoons unsalted butter, cut into pieces, plus more, softened for molds

3.5 ounces semisweet chocolate (54%), chopped

2 large eggs

2 egg yolks

¼ cup sugar

2 teaspoons flour

Whipped cream for serving (optional)

Directions:

1. Preheat oven to 450 degrees. Butter and lightly flour four 4-ounce molds, ramekins, or custard cups. Tap out excess flour; set aside.
2. Place butter and chocolate in the top of a double boiler or heatproof bowl set over simmering water, and heat until the chocolate has almost completely melted. Meanwhile, beat together the eggs, yolks, and sugar until light and thick.
3. Beat in flour until just combined. Stir together the warm melted chocolate and butter. Pour chocolate mixture into the egg mixture. Divide batter evenly among the molds.
4. Bake the molds on a baking sheet for 7 to 8 minutes; the center will still be quite soft, but the sides will be set. Immediately invert each mold onto a plate, and let sit for about 10 seconds. Unmold by lifting up one side of the mold; the cake will fall out onto the plate. Serve immediately with whipped cream, if desired.

Recipe Source: Martha Stewart

<http://www.marthastewart.com/1074362/warm-chocolate-cakes>

Nutritional Information per serving:

Calories: 249

Total Fat: 12g

Saturated Fat: 6g

Protein: 7g

Cholesterol: 185mg

Carbohydrates: 26mg

Dietary Fiber: 0g

Sodium: 49mg