



Pureed Lava Cake





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🕒 10 - 15 MINS



NUTRITION

- Serving Size:** 1 cake (muffin sized)
- Calories:** 130
- Total Fat:** 1.5g
- Saturated Fat:** 0.5g
- Trans Fat:** 0g
- Cholesterol:** <5mg
- Sodium:** 120mg
- Total Carbs:** 27g
- Dietary Fiber:** 1g
- Total Sugars:** 14g
- Added Sugars:** 3g
- Protein:** 4g
- Calcium:** 8% DV
- Iron:** 0% DV
- Potassium:** 158mg
- Vitamin A:** 2% DV
- Vitamin C:** 0% DV
- Vitamin D:** 2% DV

INGREDIENTS

	1 Serving	6 Servings	12 Servings
Pan Size	Muffin cups	Muffin cups	Muffin cups
T&E® Pureed Bread & Dessert Mix	1 1/2 Tbsp	1/2 cup + 1 Tbsp	1 cup + 2 Tbsp
T&E® Clear Instant Food & Beverage Thickener	1 scoop	6 scoops	12 scoops
Cocoa powder	1 tsp	2 Tbsp	1/4 cup
Sugar	3/4 tsp	1 1/2 Tbsp	3 Tbsp
Milk	2 1/2 Tbsp	1 cup	2 cups
Chocolate Syrup	1 3/4 tsp	3 Tbsp + 1 1/2 tsp	1/4 cup + 3 Tbsp
Lava Sauce	1 tsp*	2 Tbsp*	1/4 cup*

* About 1 tsp per cake

DIRECTIONS

1. Lightly spray muffin cups with non-stick cooking spray.
2. Stir together THICK & EASY® Pureed Bread & Dessert Mix, cocoa powder and sugar.
3. Add chocolate syrup and THICK & EASY® Clear Instant Food & Beverage Thickener to milk; stir until thoroughly blended.
4. Add chocolate milk mixture to bread mixture. Stir briskly with wire whip until mixture starts to thicken.
5. Immediately portion into muffin cups. Cover and chill until set, about 10-15 minutes.
6. Carefully remove prepared cake(s) from muffin cups and place on a serving dish.
7. Using a spoon, make a small hole in the top of each cake and fill with about 1 teaspoon of chocolate syrup*.
8. Top with whipped cream or chocolate frosting prior to serving.

*Optional "lava" fillings include warm fudge sauce, strawberry or raspberry syrup (without seeds) or caramel syrup. Serving Suggestion: Pair cakes with either the Wild Berry or Vanilla Magic Cup™ Dessert for an added treat!