
Keto Chocolate Lava Cake For Two

3 oz Sugar Free Chocolate
4 Tbls Butter (or coconut oil)
1 Whole Egg
1 Egg Yolk
1/4 cup MonkFruit Sweetener
1 tsp Vanilla Extract
3 Tbls Almond Flour
1 Tbls Tapioca Flour
Pinch of Sea Salt

- ➊ Preheat oven to 425' F and spray your 5 inch ramekin (or two 3inch ramekins) with avocado oil spray or grease with butter (or coconut oil)
- ➋ Break the chocolate up and put it in a glass bowl with the butter (or coconut oil) and melt for 15 seconds at a time in the microwave, stirring each time, until just melted
- ➌ In a separate bowl, add the whole egg + one egg yolk and the monk fruit sweetener. Whisk until smooth, the add in the melted chocolate and vanilla extract and whisk again until creamy
- ➍ Add the almond flour, tapioca flour and pinch of sea salt to the chocolate mixture and whisk again until fully combined. Pour into the greased 5 inch ramekin (or divide evenly between two 3 inch ramekins) and bake for 15 minutes
- ➎ Remove from oven and let cool for 10-15 minutes. Place a plate upside down on top of the ramekin and then carefully flip it over so the cake comes out onto the plate (cake will be beautifully gooey and chocolatey in the middle)
- ➏ Top with sugar free confectioners sugar and fresh raspberries