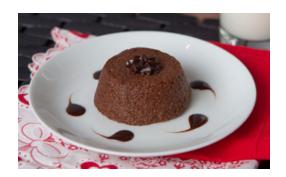




Pureed Lava Cake

10 - 15 MINS



NUTRITION

Serving Size: 1 cake (muffin sized)

Calories: 130

Total Fat: 1.5g

Saturated Fat: 0.5g

Trans Fat: Og

Cholesterol: <5mg

Sodium: 120mg

Total Carbs: 27g

Dietary Fiber: 1g **Total Sugars:** 14g

Added Sugars: 3g

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Protein: 4g

Calcium: 8% 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!

