

# Luv Ya Lava Cakes

-makes four-



## **Ingredients:**

1/2 cup Old Fashioned Oats, ground into coarse flour  
1 cup Whey Chocolate Protein Powder  
1/4 cup + 2 Tbsp. Unsweetened Cocoa Powder  
1/4 cup EVOO  
2 Whole Large Eggs  
1/2 cup Unsweetened Almond Milk  
1 Tbsp. Splenda Brown Sugar **or**  
2 Tbsp. Light Brown Sugar

**Directions:** Pre heat oven to 350°  
Lightly spray 4 oven safe Ramekins with EVOO; set aside on a baking sheet

**Step 1:** Make coarse oat flour with your blender. When done, add all ingredients into the blender; blend until a creamy batter.

**Step 2:** Pour evenly into the four prepared ramekins. Place filled ramekins back onto the baking sheet and into the center of the pre heated oven.

**Step 3:** Bake for 4 minutes; or until the top is slightly caked and cracked. The center is intentionally a gooey mess of lava! The longer you cook it the less the center is gooey. Remove from oven and either leave in the ramekin or turn them upside down on a small plate. Top with berries and a dollop of whip if you wish to.



*Enjoy!*