

# MOLTEN LAVA CAKE



## INGREDIENTS:

- 2 egg whites
- 1 <sup>1</sup>/<sub>2</sub> tbs cocoa powder
- 2 tbs plain low-fat Greek yogurt
- 1 tsp baking powder
- 2 tbs oat flour
- 2 packets stevia
- 1 dark chocolate square

## DIRECTIONS:

- 1) Spray a microwave safe small bowl or mug with non-stick spray.
- 2) Combine all ingredients in a separate bowl. Pour batter into the bowl or mug.
- 3) Place dark chocolate square into the center of the batter and allow batter to cover over the top of it.
- 4) Put bowl in microwave for 1 minute 30 seconds to 2 minutes.
- 5) Remove from microwave and let sit for 1 minute.

Enjoy!

Makes: 1 serving

Calories: 193 | Protein: 26 gm | Carbs: 30 gm | Fat: 3 gm