



## Molten Lava Cake

Olive oil cooking spray  
1/4 c. plus 1 Tbsp. unsweetened cocoa powder  
1/3 c. Sucanat  
3 Tbsp. unsweetened applesauce  
3 Tbsp. olive oil  
1 egg  
1 egg white  
1/2 c. spelt flour  
1 tsp. pure vanilla extract  
1/4 c. plus 1 1/2 tsp. xylitol  
sliced fruit for garnish (optional)

Preheat oven to 400°. Lightly spray four 4 oz. custard cups or small ramekins with cooking spray.

In a medium bowl, combine cocoa powder and Sucanat; whisk in applesauce and oil.

In a small bowl, lightly whisk egg and egg white and add to cocoa mixture, whisking until smooth.

Stir in spelt flour and vanilla until flour is combined completely - do not over mix. Stir in xylitol. Divide mixture evenly among prepared custard cups or ramekins, place on a baking sheet and bake for 10-20 minutes. Centers should be soft but sides firm. Invert cups onto serving plates; let stand a few minutes before removing cups. Garnish each cake with fruit slices, if desired, and serve warm.

For added garnish, drizzle with warmed Wax Orchards Classic Fudge. Serve with Rice Dream non-dairy ice cream, if desired.

*adapted from: Clean Eating*

