



Chocolate Lava Mug Cakes

Prep Time: 5 Minutes
Minutes

Cook Time: 4
Serves 4

This recipe makes the easiest, quickest, gooiest chocolate pudding ever! They are even low in calories! So when you are craving the rich chocolate taste these are perfect.

Ingredients:

45g self-raising flour
25g granulated sweetener
15g cocoa powder
2 medium eggs
45g reduced fat spread
1 tsp vanilla extract
20g milk chocolate
12 fresh raspberries



Method:

1. Place all ingredients into a mixing bowl apart from the raspberries and mix thoroughly until it resembles a cake batter.
2. Pour into a microwaveable mug and pop one square of chocolate on the top of each.
3. Place into the microwave one at a time and cook on high for 1 minute. The cake should have risen but feel light to the touch, if the top is not cooked place back into the microwave for 30 seconds.
4. Leave to stand for 1 minute and top with the raspberries then serve!

