



Long Livo

Cottage Cheese Lava Cake – Chocolate Protein Dessert

10 min
Prep time

2
Servings

15 min
Cook time

Easy
Difficulty

25 min
Total time

American
Cuisine

Ingredients

Main Ingredients

- ☐ 6 ounces (170g) full-fat cottage cheese, well drained
- ☐ 2 large eggs
- ☐ 1/4 cup (50g) granulated sugar
- ☐ 2 tablespoons (15g) unsweetened cocoa powder
- ☐ 1 tablespoon (12g) all-purpose flour
- ☐ 1 teaspoon vanilla extract

- ☐ 1/4 teaspoon baking powder
- ☐ Pinch of salt
- ☐ 1 tablespoon (15g) unsalted butter, plus extra for greasing ramekins
- ☐ 2 tablespoons (28g) dark chocolate chips (60-70% cacao)

Optional Garnish

- ☐ Optional: powdered sugar, for dusting

Instructions

- 1 First things first, let's get that oven preheated to 425°F (220°C). Now, go ahead and generously grease the inside of both ramekins with butter. Honestly, don't skip this part; it's just so crucial for the cakes to release cleanly later on.
- 2 Grab a mixing bowl and combine your well-drained cottage cheese, eggs, and sugar. Give it a vigorous whisk until the mixture feels smooth and creamy. Now, look, it's totally okay if there are still some small cottage cheese curds in there—they actually add a lovely little bit of texture.
- 3 Now, stir in the cocoa powder, flour, vanilla extract, baking powder, and a pinch of salt. Whisk until it's just combined. Just a little warning here: be careful not to overmix, because overmixing can lead to a tougher cake, and we want this to be tender.
- 4 Gently fold in those dark chocolate chips. Just a light hand here, making sure they're distributed evenly throughout the batter so every bite has a little treat.
- 5 Divide your batter evenly between those two prepared ramekins. Just a simple pour and a little nudge to get them settled.
- 6 Bake them for 12-15 minutes. You're looking for the edges of the cakes to be set, but the center should still appear slightly moist. Yeah, baking time will vary depending on your own oven, so just keep an eye on them.

- 7 Remove the ramekins from the oven and let them cool for 1-2 minutes. I've found this is the best way to let that lava center set just slightly before you move them.
- 8 Carefully run a knife around the edges of each cake to loosen it from the ramekin. Just a gentle touch so you don't break the sides.
- 9 Place a plate over a ramekin and carefully flip the cake onto the plate. Give the ramekin a gentle tap, and the cake should slide right out.
- 10 If you like, dust them with a bit of powdered sugar and serve them immediately while they're still warm and gooey.

Nutrition per serving

340 kcal

Calories

16 g

Protein

24 g

Carbs

18 g

Fat

Tips & notes

- Make sure to drain your cottage cheese well so the cakes aren't too wet.
- The centers should stay slightly moist to achieve that molten lava effect.
- Avoid overmixing the batter to keep the texture light and fluffy.