

gluten-free | portion-controlled | satisfying dessert
recipe created by The Northeast Ginger // @thenortheastginger

Molten Lava Protein Cake (for one!)

ingredients: (yields 1 serving)

- 3 ½ tbsp gluten-free flour (I like Bob's 1-to-1)
- 1 ½ tbsp unflavored collagen peptides (I like Primal Kitchen)
- 1 ½ tbsp pure cocoa powder
- 2 ½ tbsp pure maple syrup (+ 1 tbsp for later)
- 2 tbsp whole milk
- 1 ½ tbsp melted grass-fed butter
- ½ tsp baking powder
- pinch of salt
- ½ tsp pure vanilla extract
- Optional add ins: walnuts, pecans

directions:

- Mix dry ingredients: In a coffee cup or small microwaveable bowl, add all dry ingredients and mix well.
- Add wet ingredients and stir until well combined.
- Microwave for 45 seconds. The edges should be set and pulling away from the sides of the container, while the center (roughly the size of a Silver Dollar) should remain wet and jiggly.
- Add cooking time if needed - 5 seconds at a time to prevent overcooking.
- Allow cake to set for 1 minute.
- Pour 1 tbsp of pure maple syrup directly into the center of the cake. It will sink to the bottom. Allow to set for 1 additional minute.

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Why We Love It

I don't know about you, but I love a sweet treat. And it's hard for me to imagine a world where I cannot have a bit of indulgence here and there.

But as much as I love it, I know that regularly consuming refined sugar and refined grains is horrible for my long-term health.

Here's why I love my homemade protein cakes as an occasional post-dinner dessert that won't completely destabilize me:

- It's made with whole ingredients—no weird fillers, chemicals, additives or seed oils
- No refined sugar or artificial sweeteners
- The macros are fairly balanced, with approximately 350 calories, 25g of carbs, 18g of good fats and 15g of protein.
- It's portion-controlled but satisfying. This doesn't feel like a compromise; the warm, rich, fudgy texture tastes like a gooey cake