

RED VELVET LAVA CAKE



INGREDIENTS:

- 2 scoops GLAM PRO Ravishing Red Velvet
- 2 Tbsp 100% cocoa powder
- 1 tsp baking powder
- 1 tbsp coconut flour
- 1/4 cup unsweetened plant milk
- 1 egg

DIRECTIONS:

- 1) Preheat oven to 350 F
- 2) Lightly spray muffin pan with cooking spray
- 3) In a medium bowl mix GLAM PRO, cocoa powder, coconut flour, and baking powder
- 4) Add egg and milk and mix until well combined
- 5) Pour batter in muffin pan, bake for 11-12 minutes. Don't over bake otherwise center will bake through
- 6) Use a knife to separate the edges from the pan. Flip pan over onto a baking sheet with parchment paper

Enjoy!

Makes 4 Lava Cakes serving Size = 1 Lava Cake
Calories: 72 | Protein: 9 g | Carbs: 3g | Fat: 2 g