

Lemon Lava Cakes



Yield: 2 **Author:** recipebyrosie

Warm oozing lemon caramel encased in a soft lemon sponge.

They are gooey, zesty, indulgent perfect for an impressive dessert or just a midweek treat.

Ingredients

sponge

- 250g self rising flour
- Zest and juice from 2 lemons
- 1/2 tsp baking powder
- 1/4 tsp bicarbonate soda
- 50g light brown sugar
- 100g caster sugar
- 200ml dairy free milk, room temp
- 80g dairy free yoghurt, room temp
- 50g light olive oil or vegetable oil

Lemon Caramel

- 2 tbsp coconut oil, melted
- 150g nut butter, smooth and runny
- 60g syrup (maple, honey or agave)
- Juice from 1 lemon

Instructions

1. Preheat the oven to 170 C Fan.
2. Grease two ramekins (approx 10D x 10W x 5H cm)
3. Start by making the lemon caramel. In a jug combine the nut butter, syrup and coconut oil. Slowly add the syrup mixing until you get a gooey caramel consistency. (depending on the type of syrup and nut butter you use you may need more or less syrup so add slowly until you get the desired consistency). Pop into the freezer until it is spoonable and almost frozen (I suggest stirring regularly).
4. Next make the sponge. In a bowl mix together milk and lemon juice - leave to thicken for around 10 minutes (soya milk works best here due to the protein content)
5. Rub the lemon zest into the sugar and then add to the milk mixture along with the remaining wet ingredients.
6. Gently mix in the dry ingredients and mix until just combined.
7. Fill the ramekins until half full with the mixture and then top with the a tbsp of hard lemon caramel straight from the freezer.
8. Cover with the batter until the ramekin is 3/4 full.

9. Place the ramekins on a baking tray and then put in the oven to bake for 14-18 minutes. The cakes should be well risen but will still look a little jiggly/undercooked. They should look fully cooked around the edges.

10. Allow to cool for about 5 minutes then use a butter knife to gently loosen the cake from the sides of the ramekins. Carefully flip them over to a plate and serve warm with a dusting of icing sugar.

