

Pistachio Lava Cakes



Yield: 2 **Author:** recipebyrosie

Warm oozing pistachio butter encased in a soft pistachio sponge. They are gooey, nutty, indulgent perfect for an impressive dessert or just a midweek treat.

Ingredients

sponge

- 180g self rising flour
- 100g ground pistachios
- 1/2 tsp baking powder
- 1/4 tsp bicarbonate soda
- 50g light brown sugar
- 100g caster sugar
- 200ml dairy free milk + 1/2 tsp vinegar, room temp
- 80g dairy free yoghurt, room temp
- 50g light olive oil or vegetable oil

Centre

- 2 tbsp pistachio butter, frozen

Instructions

1. Preheat the oven to 170 C Fan.
2. Grease two ramekins (approx 10D x 10W x 5H cm)
3. In a bowl mix together milk and vinegar - leave to thicken for around 10 minutes (soya milk works best here due to the protein content)
4. Then add in the remaining wet ingredients followed by the dry.
5. Gently mix until just combined.
6. Fill the ramekins until half full with the mixture and then top with the frozen pistachio butter.
7. Cover with the batter until the ramekin is 3/4 full.
8. 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.
9. 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.

