

Affogato Lava Cakes



Yield: 2 **Author:** recipebyrosie

Warm oozing caramel encased in a soft coffee sponge. Serve with a scoop of ice cream and hot espresso for a gooey and indulgent dessert.

Ingredients

sponge

- 250g self rising flour
- 1/2 tsp baking powder
- 1/4 tsp bicarbonate soda
- 50g light brown sugar
- 100g caster sugar
- 200ml dairy free milk, room temp
- 1 shot espresso
- 1 tsp apple cider vinegar
- 80g dairy free yoghurt, room temp
- 50g light olive oil or vegetable oil

Caramel

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

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 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 vinegar - leave to thicken for around 10 minutes (soya milk works best here due to the protein content)
5. Mix in the remaining wet ingredients.
6. Gently mix in the dry ingredients and mix until just combined.
7. Dust the ramekins with cocoa powder and then fill the ramekins until half full with the mixture and then top with the a tbsp of hard 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 a scoop of your favourite ice cream and hot espresso.

