



**PARMCO**



# MOLTEN CHOCOLATE CAKES

**SERVES 6**

**PREP TIME 10**

**COOK TIME 10-12**

## INGREDIENTS

150g dark chocolate, broken into pieces

1/2 cup lite evaporated milk

2 eggs

4 tbsp castor sugar

2 tbsp flour, plus extra, to dust

Icing sugar, to dust

## UTENSILS

Measuring spoons and cups

Chopping boards and knives

Wooden spoon

Sauce pan (one for every 2-4 kids)

Large bowl (one for every 2-4 kids)

Electric or hand-held beater  
(one for every 2-4 kids)

Sieve (one for every 2-4 kids)

Ramekins, or small coffee cups for  
dessert dishes for serving (6 per 2-4 kids)

Spoons and bowls to eat from!

## METHOD

1. Put chocolate and evaporated milk in a saucepan over a low heat. Stir until chocolate has just melted. Remove from heat and set aside to cool.
2. Spray six half-cup ramekins or small coffee cups with oil. Dust with extra flour.
3. Beat eggs and sugar in a large bowl until thick and pale, and at least double in volume. Add chocolate mixture and sift in flour. Gently fold until just combined.
4. Divide mixture evenly between ramekins. Refrigerate for at least 2 hrs.
5. When ready to eat, preheat oven to 200°C. Bake for 10-12 mins, until cooked at the sides but still soft in the centre. Remove from oven and set aside for a few minutes.

Serve in ramekins, or run a knife around the edge and turn cakes out on to plates. Dust with icing sugar. Serve with berries and vanilla yoghurt.

This recipe © Healthy Food Guide magazine. Reproduced with permission.

## NUTRITION INFORMATION

	Per serve (at 6 serves)
Energy	960kJ
Calories	229cal
Protein	6g
Fat	11g
- Saturated	6g
Carbohydrates	25g
- Sugars	23g
Dietary Fibre	1g
Sodium	50mg
Calcium	80mg
Iron	1.5mg