

LYONS
**THICK
& EASY®**

Pureed Lava Cake





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IDDSI LEVELS 4 5 6 7



INGREDIENTS

	1 Serving	8 Servings	16 Servings
Pan Size	Muffin cups	Muffin cups	Muffin cups
THICK & EASY® Texture Modified Bread and Dessert Mix Item: 118519	2 Tbsp	1/2 bag (~1 cup)	1 bag
Vegetable oil	1/2 Tbsp	4 Tbsp	8 Tbsp
Cocoa Powder	1 tsp	2 Tbsp + 2 tsp	1/3 cup
Sugar	3/4 tsp	2 Tbsp	4 Tbsp
Chocolate Syrup	2 tsp	1/3 cup	2/3 cup
Milk, hot	3 Tbsp	1 1/2 cups	3 cups
Additional chocolate syrup for "lava" sauce	1 tsp	2 Tbsp + 2 tsp	1/3 cup

*Optional "lava" fillings include warm fudge sauce, strawberry or raspberry syrup (without seeds) or caramel syrup.

NUTRITION

Serving Size:
1 portion
(One #20 scoop)

Calories: 210

Total Fat: 8g

Saturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: <5mg

Sodium: 100mg

Total Carbs: 31g

Dietary Fiber: 1g

Total Sugars: 18g

Added Sugars: 3g

Protein: 4g

Calcium: 4% DV

Iron: 0% DV

Potassium: 2% DV

Vitamin D: 2% DV

DIRECTIONS

1. Lightly spray muffin cups with non-stick cooking spray.
2. Combine **THICK & EASY® Texture Modified Bread and Dessert Mix**, cocoa powder, and sugar in a mixing bowl.
3. Add oil and stir until mixture resembles wet sand.
4. Add first listing of chocolate syrup to hot milk and stir until blended.
5. Add milk to bread mixture and stir briskly until mixture begins to thicken.
6. Portion into muffin cups using a #20 scoop and spread evenly.
7. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes.
8. Carefully remove prepared cake(s) from muffin cups and place on a serving dish.
9. Using a spoon, make a small hole in the top of each cake and fill with about 1 teaspoon of chocolate syrup*.
10. Top with whipped cream or chocolate frosting prior to serving.

SERVING SUGGESTIONS

Pair cakes with either the Wild Berry or Vanilla **MAGIC CUP® Frozen Dessert** for an added treat!