

Warm Chocolate Lava Cakes

with Cherry-Orange Compote



Serves 4

Our chocolate lava cakes with gooey molten centers are a decadent treat. Ready in minutes, these warm single-serve cakes topped with a bright cherry-orange compote are the ultimate dessert experience.

Ingredients

- Chocolate lava cakes
Contains: eggs, milk, soy, tree nuts, wheat
- Cherry-orange compote
- Powdered sugar

Tools & Pantry

- Microwave-safe plate
- Microwave-safe bowl
- Small sieve

Total time range: 5 min (Cook: 5 min)

- 1 Place the frozen **chocolate lava cakes** onto a microwave-safe plate. Microwave in a **750-watt** microwave on **High*** for 40-50 sec, or until the centers are warm and runny. Transfer to serving plates.
- 2 Empty the **cherry-orange compote** into a microwave-safe bowl. Cover with a damp paper towel and microwave for 1 min. Stir and repeat until thoroughly heated.
- 3 Spoon the compote over the warm cakes and dust with the **powdered sugar**.

** Cooking times are developed using a 750-watt microwave. Times may vary; adjust as needed for your appliance.*



Contains: Eggs, Milk, Soy, Tree Nuts (coconut), Wheat.

Nutrition: Calories: 380, Protein: 6g, Fiber: 3g (11% DV), Total Fat: 20g (26% DV), Saturated Fat: 12g (60% DV), Cholesterol: 115mg (38% DV), Sodium: 65mg (3% DV), Carbohydrates: 41g (15% DV), Total Sugars: 35g, Added Sugars: 33g (66% DV). Not a significant source of trans fat.

Packed in a facility that handles all 9 major food allergens and gluten. Protein should be cooked to the minimum internal temperature as recommended by the USDA.