



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Vegan Chocolate Lava Cakes with Coconut Whipped Cream ♦

These vegan chocolate lava cakes are a decadent and indulgent dessert. The rich chocolate cake is filled with a gooey chocolate center, and topped with creamy coconut whipped cream. They are perfect for special occasions or a sweet treat any time.

**Recipe Type:** Vegan

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 6

**Serving Size:** 50 g

### Ingredients

150 g	All-Purpose Flour
50 g	Cocoa Powder
1 tsp	baking powder
1 tsp	salt

100 g	Coconut oil
100 g	Maple syrup
1 tsp	vanilla extract
200 ml	almond milk
100 g	dark chocolate
200 g	Coconut Cream
30 g	powdered sugar
100 g	fresh berries

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 350°F (175°C). Grease 6 ramekins with coconut oil.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

### Step 2

#### Mixing

In a mixing bowl, whisk together the flour, cocoa powder, baking powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

#### Mixing

In a separate bowl, combine the coconut oil, maple syrup, vanilla extract, and almond milk. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 4

#### Stirring

Gradually add the wet ingredients to the dry ingredients, stirring until just combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 5

#### Dividing

Divide the batter evenly among the prepared ramekins. Place a piece of dark chocolate in the center of each ramekin.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 6

#### Baking

Bake for 12-15 minutes, or until the edges are set and the centers are slightly gooey.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

## Step 7

### Whipping

While the cakes are baking, prepare the coconut whipped cream. In a mixing bowl, whip the coconut cream and powdered sugar until light and fluffy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 8

### Serving

Remove the cakes from the oven and let them cool for a few minutes. Serve warm with a dollop of coconut whipped cream and fresh berries.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 25 g

**Protein:** 5 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	20 mg	250%	111.11%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas Valentine's Day Back to School Picnic

### Cuisines

Italian

### Course

Desserts Salads Soups Snacks Sauces & Dressings

### Cultural

Chinese New Year Christmas

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

### Demographics

Kids Friendly Senior Friendly

### Meal Type

Brunch Lunch Dinner

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)