Mini Chocolate Lava Cakes

(Paleo, Dairy Free, Gluten Free, Soy Free)

5 tablespoons of coconut oil (for greasing ramekins)

¾ cup coconut oil

1 cup chocolate chips

2 egg yolks

2 eggs

3 tablespoons organic coconut palm sugar

1 heaping tablespoon unsweetened cocoa powder

2 tablespoons organic almond flour

¼ teaspoon pink Himalayan salt

¼ teaspoon vanilla extract

Unsweetened cocoa powder (for garnish)

*Optional raspberries or strawberries (for garnish)

Pre-heat oven to 425°F/220°C. Grease ramekins well with coconut oil. Using a double boiler 1.5 quart saucepan, or in a bowl placed in a saucepan of boiling water, melt the coconut oil and chocolate together.

In a large bowl, whisk together the egg yolks, eggs, and coconut palm sugar until frothy. Stir in melted chocolate mixture into the egg and sugar mixture and whisk until combined. Set aside.

In a small bowl, combine cocoa powder, almond flour, and salt. Then sift into the chocolate mixture and whisk until combined. Stir in vanilla extract.

Pour the mixture evenly into the ramekins. Tap the ramekins lightly on the counter to remove any air bubbles. Refrigerate for 30 minutes.

Place ramekins in a casserole dish or deep baking pan and carefully pour boiled water into dish/pan until half way up the side of the ramekins.

Bake for 15-18 minutes. They are done when the middle doesn't look quite cooked all the way through but the edges do. Remove ramekins from the dish/pan and cool for about 10 minutes. Slide a butter knife around the edge of the ramekin to pull the cake away from the sides, turn it upside down over a plate and tap the bottom firmly until the cake slides out.

Garnish with cocoa powder, add optional garnish and serve. **Makes 2 - 4 servings.**