

Chocolate Lava Cakes

This recipe makes 19 Lava Cakes (and 19 muffin tops)



Ingredients

1 box Super Moist Triple Chocolate Fudge Cake Mix
1 cup water
½ cup vegetable oil
3 eggs
9 ½ cups freeze dried pudding mix (see recipe)
Powder sugar (if desired)

This recipe was contributed by John In Bibs

Directions:

1. Preheat the oven to 350°F.
2. Grease a donut pan with butter or shortening, then dust with flour to prevent sticking.
3. Mix the cake batter according to the directions on the box.
4. Spoon or pipe the batter into each donut mold, filling each slightly over $\frac{3}{4}$ full.
5. Bake for approximately 15 minutes, or until a toothpick inserted in the center comes out clean.
6. Let the donuts cool in the pan for 15 minutes.
7. Using a knife, trim the tops of the donuts while they are still in the pan to create a flat surface.
8. Gently flip them out of the molds onto a lined tray.
9. Arrange the donuts on a parchment or silicone lined tray. Add the muffin tops to another tray. Place them in the freezer until completely solid.
10. Freeze dry (my cycle time was 21 hours)
11. Store in mylar bags. I stored one serving in a ziploc bag inside of a mylar bag along with the freeze dried pudding mix.

Rehydration:

In a bowl, mix $\frac{1}{2}$ cup of freeze-dried pudding powder with $\frac{1}{2}$ cup of hot water. Stir well until smooth, then let it sit for 1-2 minutes to thicken.

Place one freeze-dried cupcake cup on a serving plate.

Pour the rehydrated pudding into the indentation and drizzle it over the cupcake cup.

Lightly dust with powdered sugar for a decorative touch.

Notes:

The extra muffin tops can be constructed into oversized sandwich cookies with some frosting in the middle! Or crumble them for an ice cream topping!

Nutritional Value Per 1 cake & pudding mix

Calories: 115 Protein: 2 g Fat: 2 g Carbohydrates: 25 g Sugar: 14 g Fiber: 1 g