

ingredients, inc.

Valentine Healthier Molten Lava Cake



Who is ready for Valentine's Day? If you're trying to be "good and healthy" try this **Valentine Healthier Molten Cake**. Although it's lightened up, it will satisfy your sweet tooth! Combine eggs, flour, sugar and semisweet chocolate with [House Foods](#) Premium or Organic Tofu Medium Firm to create a rich, yet nutritious indulgence. It is so divine, and your loved ones will have no clue it is made with tofu. Thanks to Alexander Weiss, one of the season's winners from the FOX's hit cooking competition series for kids, "MasterChef Junior" for allowing me to share this chocolate favorite with my followers. Happy Valentine's day and have a great week!

Valentine Healthier Molten Lava Cake

Prep: 20 minutes

Cook: 20 minutes

Yield: 5 servings

Ingredients

4 tbsp unsalted butter, plus extra for the molds at room temperature

Unsweetened cocoa powder, as needed (for the molds)

1 heaping cup semisweet, or bittersweet chocolate

1/2 package House Foods Premium or Organic Tofu Medium Firm, pressed dry

2 large egg yolks

1/4 cup sugar

1/4 tsp salt

2 tbsp all purpose flour, sifted

Powdered sugar for serving

Optional: Whipped cream, ice cream, frozen yogurt

Preparation

1. Preheat oven to 450 F.
2. Position a rack in the center of the oven. Lightly butter your ramekins and line with cocoa powder. Tap out the excess cocoa powder, and set the ramekins aside.
3. Fill a medium pot with about 2 inches of water and place over medium heat and bring to a simmer. Place a heatproof bowl over the simmering water, making sure that the bottom of the bowl doesn't touch the water. Add in the chocolate and butter, and melt, stirring often with a spatula. Set aside to cool once melted. Blend together the tofu, egg yolks, and sugar in a blender until smooth, making sure to scrape down the sides of the blender a couple times.
4. Fold the tofu mixture into the chocolate and butter mixture. Add in the flour and salt, and fold until combined well. Divide evenly into the ramekins, filling them about 3/4 of the way to the top. Place on a baking tray and place in the oven. Bake for 14 to 16 minutes, or until the cakes are browned on the sides and top, and the center still a bit wobbly, but not raw. The cakes should be runny in the center, and set on the outside. Immediately turn out onto your plate and sift over some powdered sugar over the top. Garnish with toppings of your choice. (Unmolding the cakes is an optional step, you may serve in the ramekins with caution, as they will be hot.)