



HOT CHOCOLATE MOLTEN LAVA CAKE

High-Protein / Collagen-Rich

Recipe by @feed.your.soul.sari and featured on MariGoldFoods.com

INGREDIENTS:

- 1/4 cup oat flour
- 1 scoop MariGold Hot Cocoa Collagen Peptides
- 1 tbsp coconut oil (melted)
- 2 tbsp coconut sugar
- 1/4 cup milk of choice
- 1 tsp baking powder
- pinch of salt
- 1 tsp vanilla
- 1/2 oz chopped chocolate
- 4-5 grassfed gelatin marshmallows

DIRECTIONS:

1. Preheat your oven to 350° F. Grease a ramekin with nonstick spray.
2. In a bowl, mix together all ingredients (except chocolate and marshmallows)
3. Pour half the batter into the ramekin, then add the chocolate, cover with the remaining batter and top with the marshmallows.
4. Bake for 15-18 minutes until puffed but still gooey in the center. Enjoy!



Featuring MariGold
Hot Cocoa
Collagen Peptides Powder
(MariGoldFoods.com)

