

Chocolate fondant

SERVES - 2

NUTRITION PER SERVING

Fat: 38 g

Carbs: 7 g / Fibre: 2 g (Net Carbs: 5 g)

Protein: 8 g

Rich dark chocolate pudding, perfect with seasonal berries and a splash of cream.

This recipe is so indulgent - you can't believe it won't pile on the pounds! It's a real dinner party dessert winner, but is actually super simple to make - just make sure your moulds are nonstick otherwise you may need to serve them in their pots - which is also fine.

INGREDIENTS

- 2 eggs
- 2 t ground almonds
- 40 g butter
- 50 g chocolate 85%
- 2 t cocoa powder
- 1 t olive oil or avocado oil.

- seasonal berries
- pouring cream (optional)

METHOD

1. Pre-heat oven to 180°C / 350 F.
2. Melt butter and 40 g of chocolate (reserving 10 g for the melting centres of the pudding) over a bain-marie or in the microwave.
3. Mix in ground almonds.
4. Mix through eggs with a whisk.
5. Grease 2 non stick pudding moulds or holes in a muffin tin with little olive oil or avocado oil.
6. Pour in chocolate mixture.
7. Break remaining choc into small chunks and insert into the centre of each pudding.
8. Bake for 7 mins.
9. Remove puddings with a knife or spoon and serve with fresh seasonal berries and pouring cream.