



# VOLCANO MUD SLIDE CAKE

By Dr. Cindy Tanzar  
(Maintenance/Special Occasion)

Rich, gooey, and deeply chocolatey, this single-serve cake is perfect for satisfying your sweet tooth without sabotaging your health goals. It's flourless, sugar-free, and packed with healthy fats and a bit of protein—ideal for birthdays or those moments when you need a decadent treat that still keeps you “on plan.” Whether microwaved for quick indulgence or baked for a slightly firmer texture, the molten center delivers a warm, lava-cake-like experience in minutes.

Makes 1 serving and gives you 1 ounce of protein and a full serving of fat.



## INGREDIENTS

- 1 large egg
- 1 Tbsp. organic coconut oil or Kerry Gold butter, melted
- Dash of vanilla extract
- 2 Tbsp. unsweetened cocoa powder
- 1 heaping Tbsp. Bob's Red Mill Golden Flax Meal
- 2 1/2 tsp. Swerve
- Pinch of Pink Himalayan salt



1/2 tsp. aluminum-free baking powder  
2 Tbsp. water

## **INSTRUCTIONS**

Preheat oven to 350°F, if baking.

Place all ingredients into a large coffee mug or well-greased 8 oz. ramekin and mix well. Microwave the mug for 40-50 seconds (keep an eye on it, as it rises quickly) or bake ramekin for 8-10 minutes. Muffin should be mostly cooked through, but still slightly gooey at the middle of the top. Eat it straight out of the mug or ramekin.