

## Bittersweet Chocolate Lava Cakes with Raspberry Coulis and Fresh Berries

(Makes 6 servings)

### Ingredients:

#### *Cake*

- 6 ½ ounces bittersweet (not unsweetened) chocolate, chopped - I would recommend Scharffen Berger or Callebaut bittersweet
- 2 tablespoons canola oil
- 1 tablespoon butter
- pinch of salt
- 2 large eggs, separated
- ¼ cup egg substitute
- 2 tablespoons Splenda Blend sugar substitute

#### *Raspberry Coulis*

- 1 12-ounce package frozen unsweetened raspberries, thawed
- 3 tablespoons Splenda Blend sugar substitute
- 1 teaspoon lemon juice

#### *Berry Garnish*

- 1 pint fresh red raspberries or blackberries

### Directions:

#### *Make the Coulis:*

- 1) Puree thawed raspberries and any accompanying liquid in food processor with sugar and lemon juice.
- 2) Strain through a fine sieve to remove any seeds, pressing on solids to extract as much liquid as possible.
- 3) Refrigerate until ready to plate the dessert.

#### *Make the Cake:*

- 1) Preheat the oven to 425 degrees F.
- 2) Butter six ½ - ¾ cup custard cups or ramekins. Dust with flour. Alternatively, spray with “cooking spray with flour”. Combine chocolate, canola oil, butter, and salt in top of double boiler set over barely simmering water. Do not allow the bottom of the double boiler to touch the water. Stir until chocolate is melted and mixture is smooth. Remove from over water. Cool 10 minutes.
- 3) With an electric mixer, beat egg yolks and egg substitute and 1 ½ tablespoons sugar substitute in large bowl until thick and light, about two minutes. Fold into chocolate mixture. Using electric mixer fitted with very clean, dry beaters, beat egg whites and remaining ½ tablespoon sugar substitute in medium bowl until stiff but not dry. Gently fold whites into chocolate mixture in three additions. Divide batter among prepared cups.
- 4) Place custard cups or ramekins on a baking sheet. Bake until cakes are puffed but still soft in the center, about 11 minutes. Transfer baking sheet to cooling rack: cool cakes 1 minute. Using small knife, cut around sides of cakes to loosen. Place dessert plates on top of cups. Invert cakes onto plates: remove cups to unmold. Spoon raspberry coulis around cake and sprinkle a few fresh berries around plate to garnish. Serve immediately to enjoy the molten lava centers.

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### **Nutritional Analysis: (per serving)**

- Calories: 290
- Total Fat: 17 g
- Saturated Fat: 7 g
- Trans Fat: 0 mg
- Cholesterol: 75 mg
- Sodium: 60 mg
- Carbohydrates: 34 g
- Dietary Fiber: 7 g
- Protein: 6 g

### **Source:**

From Decadent Low Fat Desserts Class with Donna Hann of the Culinary Artist, and Melissa Ohlson, MS, RD, LD, Nutrition Projects Coordinator, Preventive Cardiology & Rehabilitation.

### **Dietitian's Notes:**

- Because this dessert is higher in total fat and saturated fat than generally recommended, it can still fit into a heart healthy lifestyle when consumed sparingly (e.g., special occasions only). The saturated fat content of this dark chocolate is high, but it must be noted that about one-half of the saturated fat in dark chocolate (called stearic acid) is of the neutral kind that does not raise blood cholesterol levels.
- Printed with permission from Donna Hann, owner and president of the Culinary Artist.

### *A word from the Dietitian, Melissa Ohlson:*

- As we strive to reduce our risk for heart disease (and our waistlines), we often forego some of our most beloved foods, like dessert! While this is a good strategy to follow most of the time (there are a lot of calories in dessert you know!), there is no need to exclude desserts entirely from your life. In fact, rich, decadent desserts can fit into a heart-healthy eating plan, especially when a little culinary know-how and portion control is adopted.
- Chef Donna and Melissa have teamed up to show you how simple recipe substitutions can result in mouthwatering masterpieces that will fool your biggest dessert skeptics. Although most of our desserts can't be coined "low-fat," they have certainly been altered to significantly reduce the total fat, saturated fat and trans fat levels to help promote a heart-healthy lifestyle and give a little oomph to your next dessert or dinner party.

### **Chef Donna's Tips:**

- Although the sugar content is minimal in this recipe, there is still sugar present in the chocolate itself. You may substitute sugar free bittersweet chocolate to suit your dietary restrictions.
- You might choose to add 2 teaspoons instant espresso powder dissolved in 1 tablespoon hot water and/or 2 tablespoons Kahlua or dark rum to the melted chocolate mixture for additional flavor
- The cakes can be prepared a few hours in advance and kept in the refrigerator until time to bake. Let sit at room temperature for 15 minutes before baking if cakes have been assembled and refrigerated. Bake as directed.
- The cakes can be prepared a few hours in advance and baked if necessary. Keep in the cups at room temperature until time to serve. Heat the cups in a microwave oven for 10 seconds to liquefy the molten centers. Unmold as directed above.
- If the cakes do not unmold easily after one minute, let them cool in the cups another two minutes before proceeding.