

Choco Fever Dream

Cottage Cheese Lava Cake – Chocolate Protein Recipe

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Batter

- [ ] 1 cup cottage cheese (full-fat)
- [ ] 1/2 cup chocolate protein powder
- [ ] 1/4 cup oat flour
- [ ] 2 large eggs
- [ ] 2 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1/4 tsp baking powder
- [ ] Pinch of sea salt

Filling & Topping

- [ ] 3 tbsp dark chocolate chips
- [ ] 1 tbsp cocoa powder for dusting

Instructions

1. Preheat oven to 375°F (190°C). Lightly butter four ramekins and sprinkle cocoa powder inside.
2. Blend cottage cheese, eggs, honey, vanilla, and lemon zest in a food processor until smooth.
3. Add protein powder, oat flour, baking powder, and sea salt; pulse briefly just to combine.
4. Fold in melted chocolate chips, reserving a tablespoon for the center of each ramekin.
5. Divide batter evenly among ramekins, placing a spoonful of extra chocolate chips in the middle of each.
6. Bake for 10-12 minutes until the edges are set but the center still jiggles; remove, let rest 1 minute, then invert onto plates.

Nutrition per serving

260 kcal	18 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not overbake; the center should remain liquid.
- If the batter seems too thick, add a splash of milk.
- For extra sparkle, serve with a dusting of powdered sugar.