



CHOCOLATE PEANUT BUTTER LAVA CAKE

Prep 5 min, Cook 15 min, Ready in 20 min

THIS EASY MICROWAVE LAVA CAKE IS READY SO QUICKLY THAT IF YOU START THE MICROWAVE WHEN YOU SIT DOWN TO DINNER, IT'LL BE READY TO EAT WHEN IT'S TIME FOR DESSERT.

INGREDIENTS

- 1 pkg (16.5 oz./432 g) devil's food cake mix
- 2 eggs
- ½ cup (125 mL) oil
- 1¼ cups (425 mL) water
- 1 cup (250 mL) creamy peanut butter
- 1 cup (250 mL) semi-sweet chocolate morsels
- Optional: Vanilla ice cream

DIRECTIONS

1. Combine the cake mix, eggs, oil, and water in the Rockcroc® Dutch Oven.
2. Use the Large Scoop to add peanut butter to the cake mix. Add the chocolate chips. Gently stir the ingredients into the cake mix.
3. Microwave, covered, for 9–11 minutes. Remove the pan from the oven and let it stand, covered, for 5 minutes.
4. Scoop the cake out with a large spoon. Serve with ice cream, if desired.

Yield: 12 servings

Nutrients per serving:

Calories 330, Total Fat 26 g, Saturated Fat 6 g, Cholesterol 30 mg, Sodium 150 mg, Carbohydrate 20 g, Fiber 3 g, Sugars 13 g, Protein 8 g

Cook's Tips:

For a double-chocolate lava cake, you can substitute the peanut butter with 1 can (16 oz./450 g) of chocolate frosting.



Rockcroc® Dutch Oven.