

Zucchini Bread Recipes

Cottage Cheese Lava Cake – Chocolate Protein Delight

10 min Prep time	**18 min** Cook time	**28 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup cottage cheese, well-drained
- [ ] 4 oz dark chocolate (70% cocoa), chopped
- [ ] 2 large eggs
- [ ] 2 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp all-purpose flour (or almond flour for gluten-free)
- [ ] Pinch of salt

Optional Topping

- [ ] Cocoa powder for dusting
- [ ] Fresh berries for brightness

Instructions

1. Preheat the oven to 375°F (190°C). Grease four 6-oz ramekins with a little butter or oil.



2. In a heat-proof bowl, melt the dark chocolate over simmering water, stirring until smooth; remove from heat and let cool slightly.



3. In a separate bowl, whisk eggs, honey, vanilla, and lemon zest together. Gently fold in the drained cottage cheese, then the melted chocolate, and finally the flour and salt.



4. Divide the batter evenly among the ramekins, filling each about three-quarters full. Place the ramekins in a baking dish, add hot water to reach halfway up the sides.



5 Bake for 15-18 minutes, until the edges are set but the center still jiggles. Let rest 1 minute, then run a knife around the edge and invert onto plates.



Nutrition per serving

310 kcal	12 g	25 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a sweeter cake, drizzle a little extra honey on top before serving.
- You can add a pinch of espresso powder to the batter for deeper chocolate notes.
- For a garnish, try a quick oreo balls crumble.