

Almond Butter Lava Cakes – Instant Pot Recipe

These were an instant hit in the Johnson household! Really tasty, easy to make, but it does require a silicone mold and a few rounds of cooking in the Instant Pot.

Ingredients

4 TBL grass fed butter or ghee

¼ cup dark chocolate (chips, bar, or baking)

2 eggs, room temperature

4 TBL of coconut milk (I use organic canned)

1/3 cup brown rice flour (you can change out for cassava or tiger nut)

¼ tsp salt

½ tsp baking powder

7 or 8 tsp of almond butter

Directions

Use a double boiler pan to melt the butter and chocolate together. Once melted, move to a mixing bowl and blend with a hand mixer until smooth. Add remaining ingredients except for the almond butter and blend with mixer. Lightly grease your molds with butter.

Place your mold on the Instant Pot trivet to easily move them to the Instant Pot. Carefully fill the mold cups halfway with batter, drop a blob of almond butter in the middle and fill the mold with batter. Do not overfill. Lightly cover the top with aluminum foil. Add one cup of water to the Instant Pot, place the trivet with the mold inside. Seal and cook on high pressure for 5 minutes. Release the pressure manually when done and remove the molds. Repeat until all the batter is used.

You can top them with a coconut whipped cream, raspberries, or some other topping. We decided they were even better served cold than warm.