



Cocoa Espresso

An airy yet moist, delicious cocoa mini cake with a coffee kick

Any of you that have been following me for a while, are aware of my year long quest to perfect a 1 point baked good that I'm TRULY happy with. Well, game over. This recipe makes 2 ramekin sized mini cakes, that are a textural cross between a souffle' and a cake. These are perfect for a personal treat, or for a special occasion. These are baked in cupcake sized ramekins, which you'd normally see small personal sized souffles baked in.

Serving Info.:

YIELDS: 2 mini cakes

Servings: 2

Serving Size: 1 cake

Points:



1 serving = 1 1 1

2 servings = 2 2 2

Ingredients:

Batter:

- 3 Tbsp (1oz) sugar free pillsbury devil's food cake mix
- 1 Tbsp unsweetened cocoa powder
- 2 tsp (1/8oz) sugar free instant chocolate pudding mix.
(My measurement was taken from a 1.3oz Jello box.)
- 2 tsp powdered peanut butter
- 2 Tbsp 0 point natural sweetener
(monkfruit, swerve, stevia, etc.)
- 1 tsp instant coffee powder
- 1-1/2 tsp self rising flour
- 1/2 tsp baking powder
- 1/4 cup water

Meringue:

- 2 egg whites
- 1/4 tsp cream of tartar

Optional Topping:

- 1/2 tsp powdered sugar. You can ALSO use 0 point "Swerve" brand powdered sugar substitute if diabetic.
- fine mesh strainer

Directions:

- 1 Preheat oven to 400 degrees.
- 2 Spray your 2 ramekins with butter flavored cooking spray, then set them on a pan with a few inches between them. Set aside.



*** MERINGUE DIRECTIONS

- 3 Place the egg whites and cream of tartar in a mixing bowl. I personally like to use an empty 32oz yogurt container for this step, it works great. Mix with an electric hand mixer set to High for around 2 minutes. Set aside.



*** CAKE DIRECTIONS

- 4 In a medium sized bowl, combine all of the listed batter ingredients. Use a spoon or rubber spatula and mix till combined.
- 5 (A) **GENTLY** fold in half of the meringue, till well incorporated, then (B) fold in the second half till smooth and uniform in color. You don't want big spots of white meringue in your cake.
- 6 Fill each ramekin 3/4 full. It's ok if there's a little leftover batter.
- 7 Bake at 400 degrees for 12 minutes, then change your oven's temperature to 350 (don't take out the cakes). Bake for an additional 15-18 minutes, until a toothpick comes out almost completely dry, but juuuuuust a little bit moist at the bottom.
- 8 Remove from oven, rest for 5 mins., dust with powdered sugar.

*** NOTES

- This is a **HIGHLY** customizable recipe. If you want a lighter vanilla or yellow based cake, use sugar free yellow cake mix instead of the devil's food mix. Then remove the coffee and cocoa powders and swap out the chocolate pudding with sugar free vanilla, lemon, cheesecake, or any other flavor pudding. Also use extracts to help enhance the flavors.
- For allergy restrictions, you can definitely remove the powdered peanut butter. I only added it for an extra 2tsp of powder.
- Use your noggin. If you don't want coffee in the cake... errr... don't add it!! Don't say "No thanks, I don't like coffee."
- To make a larger, **SINGLE SERVING** soufflé/cake, pour all of the batter into 1 single, slightly larger soufflé dish. The one that I have measures around 5-1/4" across, and holds 16oz. I baked mine at 400 degrees for 20 minutes, then switched the temp. to 350 and continued baking for 15 more minutes. Let the cake rest for 3-4 minutes before serving so the dome settles down.
- I'll make recipe pages for a fruit based version of this cake, like strawberry, raspberry, etc, ASAP.
- I'll make a page showing how to do the cool 2 color frosting swirl, along with other topping ideas, ASAP.

