

In the Kitchen with Bradley

Today in Stay & Play we made Chocolate Lava Cake!

Tools we used: Ramekin, Whisk, Fork, Measuring Spoons

Techniques we practiced: Measuring, Mixing, Whisking, Baking/Microwaving

Ingredients

- ◆ 1/2 Banana
- ◆ 1/4 teaspoon Vanilla Extract
- ◆ 1/2 tablespoon Maple Syrup
- ◆ 2 tablespoons Flour
- ◆ 1/2 tablespoon Cocoa Powder
- ◆ 1/4 teaspoon Baking Powder
- ◆ pinch of Salt
- ◆ Chocolate piece(s)



Directions

1. If using oven, heat to 375° F (190° C).
2. Mash banana with fork directly in ramekin.
3. Mix in the rest of the ingredients except for the chocolate piece(s).
4. Mix until everything is blended well together.
5. Add chocolate piece(s) to top.
6. Microwave for 40-50 seconds or bake in the oven for 15 minutes.



Enjoy!