

BAR ONE CHOCOLATY EXPLODING CAKE



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Rather late than never for National Chocolate Day... even if you're on a diet.

Die maklikste, heerlikste koek wat ek nog ooit gebak het...
DEATH BY CHOCOLATE!!

4 tbsp self-raising flour

4 tbs sugar

2 tbs cacao powder

1 egg

3 tbs oil

3 tbsp milk

butter

castor sugar

3 mini snickers chocolates (You can use Rolo chocolates if prefer)

2 Bar One chocolates

70 ml milk

Grease 2 ramekins or mugs with butter and dust with castor sugar.

Bar-One Sauce:

Break Bar-One Chocolates into a glass bowl, pour in 70 ml milk

and melt over a saucepan with boiling water. Stir continuously till melted. Remove from heat and keep warm.

Cake:

In a bowl, mix flour, sugar and cacao powder.

Add egg, oil and 3 tbsp milk.

Mix together to make a smooth batter.

Cut one mini snicker into pieces and put in center of your ramekin.

Pour in one tablespoon of batter over snicker in ramekin.

Position one snicker/Rolo in center of batter and add in the rest of batter over mixtures in the ramekins.

Microwave on 800 watts for 1 minute 20 seconds.

Remove from microwave, let cool for a few seconds.

Remove from ramekins, and drizzle with Bar-One Sauce.

Recipe and photo: Amanda Conradie