

CHOCOLATE LAVA PUDDING

10 ProPoints VALUES PER SERVE | SERVES: 4 | PREP: 15 MINS | COOKING TIME: 15 MINS

Ingredients

100g Weight Watchers Canola Spread
90g dark chocolate, coarsely chopped
1/3 cup (75g) caster sugar
1 tsp vanilla extract
1/4 cup (35g) plain flour
2 eggs, lightly beaten
Icing sugar, to dust
Fresh raspberries, to serve



Instructions

1. Preheat oven to 180°C or 160°C fan-forced. Melt 10g spread in a small saucepan over low heat. Lightly grease four 1/2-cup (125ml) capacity dariole moulds with melted spread. Place in refrigerator until required.
2. Place remaining spread and chocolate in a small saucepan over low heat. Cook, stirring, for 3 minutes or until smooth. Remove from heat. Stir in sugar and vanilla.
3. Sift flour over chocolate mixture in saucepan and whisk to combine. Gradually whisk in eggs until combined.
4. Spoon mixture into prepared moulds (no more than two-thirds full). Place moulds on a baking tray and bake for 8–10 minutes or until edges are set and centre is still wobbly. Cool puddings in moulds for 1 minute before turning out onto serving plates (see tip). Dust puddings with icing sugar and serve with raspberries.

Tips

To release puddings, run a small knife around the edge of each mould before inverting onto serving plates.

The Weight Watchers ProPoints® plan has been given a fresh new, smart made simple approach with the introduction of an extensive list of new recipes and meal ideas tailored to individual food preferences - from Gluten to Lactose Free, Mediterranean to Vegetarian, Classic, and Filling & Healthy options - all designed to make Weight Watchers easier to fit into different lifestyle choices.