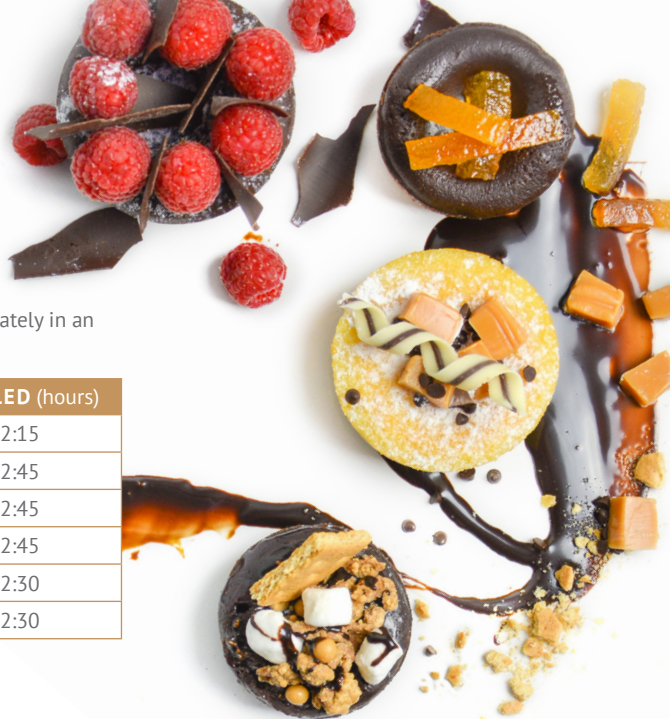


Pomone Lava Cake Preparation

Thawing Instructions

Lava Cakes are best heated and enjoyed within 3 days in a chilled environment or immediately in an ambient environment.

THAWING	CODE	PRODUCT	AMBIENT (hours)	CHILLED (hours)
	POM 7087	Petite Chocolate Lava Cake , 2.1 oz	1:40	2:15
	POM 7063	Chocolate Lava Cake, 3.9 oz	2:15	2:45
	POM 7064	Raspberry Lava Cakes, 3.5 oz	2:15	2:45
	POM 7065	Passion Fruit Lava Cakes, 3.5 oz	2:15	2:45
	POM 7066	Caramel Lava Cakes, 3.1 oz	2:00	2:30
	POM 7067	White Chocolate Lava Cakes, 3.1 oz	2:00	2:30



Heating Instructions

*Microwave one lava cake at a time for optimum results. To heat more than one cake at a time, baking in the oven is recommended.

FROZEN LAVA CAKES	CODE	PRODUCT	BAKING OVEN		MICROWAVE OVEN*	
			Time (min)	Temperature	Time (min)	Power
	POM 7087	Petite Chocolate Lava Cake , 2.1 oz	7:00	200°C / 400°F	00:20 - 00:25	800W
POM 7063	Chocolate Lava Cake, 3.9 oz	11:00	200°C / 400°F	00:45 - 00:50	800W	
POM 7064	Raspberry Lava Cakes, 3.5 oz	10:30	200°C / 400°F	0:45	800W	
POM 7065	Passion Fruit Lava Cakes, 3.5 oz	10:30	200°C / 400°F	0:45	800W	
POM 7066	Caramel Lava Cakes, 3.1 oz	8:00 - 9:00	200°C / 400°F	00:35 - 00:40	800W	
POM 7067	White Chocolate Lava Cakes, 3.1 oz	8:00 - 9:00	200°C / 400°F	00:35 - 00:40	800W	

CHILLED LAVA CAKES	CODE	PRODUCT	BAKING OVEN		MICROWAVE OVEN*	
			Time (min)	Temperature	Time (min)	Power
	POM 7087	Petite Chocolate Lava Cake , 2.1 oz	4:00 - 5:00	200°C / 400°F	00:15 - 00:20	800W
POM 7063	Chocolate Lava Cake, 3.9 oz	8:00 - 9:00	200°C / 400°F	00:25 - 00:30	800W	
POM 7064	Raspberry Lava Cakes, 3.5 oz	6:00 - 7:00	200°C / 400°F	00:20 - 00:25	800W	
POM 7065	Passion Fruit Lava Cakes, 3.5 oz	6:00 - 7:00	200°C / 400°F	00:20 - 00:25	800W	
POM 7066	Caramel Lava Cakes, 3.1 oz	5:00 - 6:00	200°C / 400°F	0:20	800W	
POM 7067	White Chocolate Lava Cakes, 3.1 oz	5:00 - 6:00	200°C / 400°F	0:20	800W	

AMBIENT LAVA CAKES	CODE	PRODUCT	BAKING OVEN		MICROWAVE OVEN*	
			Time (min)	Temperature	Time (min)	Power
	POM 7087	Petite Chocolate Lava Cake , 2.1 oz	03:00 - 04:00	200°C / 400°F	0:10	800W
POM 7063	Chocolate Lava Cake, 3.9 oz	06:00 - 07:00	200°C / 400°F	00:20 - 00:25	800W	
POM 7064	Raspberry Lava Cakes, 3.5 oz	5:00	200°C / 400°F	00:15 - 00:20	800W	
POM 7065	Passion Fruit Lava Cakes, 3.5 oz	5:00	200°C / 400°F	00:15 - 00:20	800W	
POM 7066	Caramel Lava Cakes, 3.1 oz	4:00	200°C / 400°F	0:15	800W	
POM 7067	White Chocolate Lava Cakes, 3.1 oz	4:00	200°C / 400°F	0:15	800W	



Contact Us

Toll Free. 800.480.0466
 P. 847.855.7400 | F. 847.855.7408
 E. CustomerService@ifiGOURMET.com
 W. ifiGOURMET.com

