Chocolate Raspberry Lava Cake

Ingredients:
- 3 tablespoons all-purpose flour
- 1 tablespoon plus 1 teaspoon unsweetened cocoa powder
- 1/8 teaspoon
- 1/4 teaspoon baking powder
- 2 teaspoon sugar
- pinch stevia or 1 extra tablespoon sugar
- 1/2 teaspoon vanilla extract
- 3 tablespoon milk
- 2 1/2 teaspoon vegetable or coconut oil
- 2 tablespoon mashed raspberries or raspberry jam
- small handful mini chocolate chips, optional
- low sugar chocolate sauce, optional

Directions:
1. If using the oven, preheat to 350F.
2. Grease a small dish or 1-cup ramekin.
3. In a separate small bowl, combine first 6 ingredients and stir very well.
4. Add the oil, vanilla, and milk and stir to form a batter.
5. Spoon half the batter into the greased dish, spoon the raspberries and optional chocolate chips on top (only in the middle of the batter), then top off with remaining chocolate batter.
6. Either microwave 30-40 seconds or bake 13-14 minutes. Drizzle with chocolate sauce.