



Holy Moly Cannoli Cones



1/6th of recipe (1 cannoli cone): 134 calories, 1.75g total fat (1g sat. fat), 184mg sodium, 21g carbs, 0g fiber, 10.5g sugars, 6g protein

Prep: 15 minutes

Chill: 15 minutes



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Ingredients

1 tbsp. Jell-O Sugar Free Fat Free Vanilla Instant pudding mix
1 cup plus 2 tbsp. fat-free ricotta cheese
2/3 cup Cool Whip Free (thawed)
2 1/2 tbsp. Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative* below
1 tbsp. powdered sugar
2 tbsp. mini semi-sweet chocolate chips
6 sugar cones

Directions

In a medium-large bowl, mix pudding mix with 2 tbsp. water until slightly thickened. Add ricotta cheese, Cool Whip, Splenda, and sugar. Mix until smooth with an electric mixer set to high speed.

Stir in 1 tbsp. chocolate chips. Cover and refrigerate until chilled, about 15 minutes.

Transfer mixture to a large plastic bag and squeeze it down toward a bottom corner. Snip off that corner with scissors, creating a hole for piping mixture.

Evenly pipe mixture into the cones. Top with remaining 1 tbsp. chocolate chips. Eat and enjoy!

MAKES 6 SERVINGS

HG Natural Alternative: If you prefer a natural no-calorie sweetener, use [spoonable calorie-free Truvia](#) in place of the Splenda. But since Truvia is about twice as sweet, halve the amount called for in the Ingredients list.

Another HG Natural Alternative: Swap out the Splenda for the same amount of granulated white sugar, and each serving will have 152 calories, 26g carbs, and 16g sugars.

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