



Cannoli Crunchettes



1/3rd of recipe (5 shells): 100 calories, 4g total fat (1g sat. fat), 78mg sodium, 14g carbs, <0.5g fiber, 2.5g sugars, 5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

15 frozen mini fillo shells (like the kind by Athens)
 1/3 cup light/low-fat ricotta cheese
 1/8 tsp. vanilla extract
 1 packet no-calorie sweetener (like Truvia)
 1 1/2 tsp. mini semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees.

Place shells on a baking sheet, and bake until lightly browned and crispy, 3 - 5 minutes.

In a medium bowl, combine ricotta cheese, vanilla extract, and sweetener. Mix well.

Just before serving, fill shells with ricotta mixture and top with chocolate chips.

MAKES 3 SERVINGS

HG Tip: If you're not going to be eating/serving these immediately, store the baked fillo shells at room temperature in a sealed bag or container, and store the ricotta mixture in a sealed container in the fridge.

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