



Cannoli Crunchcake



Entire recipe: 128 calories, 4g total fat (2.5g sat. fat), 76mg sodium, 19g carbs, 0.5g fiber, 9.5g sugars, 4g protein

Prep: 5 minutes



Ingredients

- 2 tbsp. light/low-fat ricotta cheese
- 1/2 packet no-calorie sweetener
- 2 dashes cinnamon
- 1/8 tsp. vanilla extract
- 2 tsp. mini semi-sweet chocolate chips
- 1 caramel-flavored rice cake

Directions

In a small bowl, combine ricotta, sweetener, cinnamon, and vanilla extract. Mix well.

Stir in chocolate chips, and spread mixture over the rice cake.

MAKES 1 SERVING

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