



Chocolate Chip Cannoli Dip



1/8th of recipe (about 1/4 cup): 74 calories, 3.5g total fat (2.5g sat fat), 31mg sodium, 8.5g carbs, <0.5g fiber, 5.5g sugars, 2g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes



Ingredients

1 1/2 cups light whipped topping (thawed from frozen)
3/4 cup light/low-fat ricotta cheese
1 packet no-calorie sweetener
1 tsp. vanilla extract
1/4 tsp. cinnamon
1 1/2 tbsp. mini semi-sweet chocolate chips
Serving suggestions: graham crackers, apple slices, strawberries

Directions

In a medium bowl, combine all ingredients *except* chocolate chips. Mix until smooth and uniform.

Stir in 1 tbsp. chocolate chips. Top with remaining 1/2 tbsp. chocolate chips.

MAKES 8 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.