



## Samoas-Style Cannoli Cones



1/4th of recipe (1 cone): 163 calories, 5.5g total fat (3.5g sat. fat), 141mg sodium, 21.5g carbs, 1g fiber, 12.5g sugars, 7g protein

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**Prep:** 10 minutes    **Cook:** 5 minutes



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### Ingredients

2 tbsp. shredded sweetened coconut  
1 cup light/low-fat ricotta cheese  
2 no-calorie sweetener packets (like Truvia)  
1/4 tsp. coconut extract  
1/8 tsp. vanilla extract  
1 1/2 tbsp. mini semi-sweet chocolate chips  
4 sugar cones  
2 tsp. fat-free, low-fat, or light caramel dip ([like the kinds by Marzetti](#))

### Directions

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir coconut until lightly browned, about 3 minutes.

In a medium bowl, combine ricotta, sweetener, coconut extract, and vanilla extract. Mix until uniform.

Stir in half of the toasted coconut and 1 tbsp. chocolate chips. Spoon mixture into cones.

Evenly top cones with remaining toasted coconut and 1/2 tbsp. chocolate chips. Drizzle with caramel.

**MAKES 4 SERVINGS**

**HG Tip:** If needed, microwave caramel in a small microwave-safe bowl for 10 seconds, or until easy to drizzle.

**HG Alternative:** For fancy cones with minimal effort, pipe the mixture into the cones. Just transfer the filling 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 the mixture.

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