

Cannoli Cups

Ingredients:

- ½ cup heavy cream
- 1 pound ricotta cheese
- ½ cup Splenda
- 2 tsp sugar-free Amaretto syrup (Example: Da Vinci)
- 1 Tbsp orange zest
- ¼ cup unsweetened chocolate
- ¼ cup sugar-free Amaretto syrup (Example: Da Vinci)
- ½ cup chopped pistachios

Directions:

1. In a mixing bowl, whip the cream until stiff.
2. Fold in the ricotta with a rubber spatula, working until creamy.
3. Fold in the Splenda, 2 tsp Amaretto syrup, and orange zest.
4. Melt chocolate and add ¼ cup amaretto syrup.
5. Place cheese mixture evenly in 4 small serving dishes.
6. Drizzle chocolate over surface of cheese mixture.
7. Sprinkle with nuts.
8. Chill at least 6 hours before serving.

For Our Program:

Nutrition Information:

Servings = 4

Carbohydrates per serving = 14g