

Cannoli Dip
Makes 6 servings

1 c part skim ricotta cheese
3 T mini chocolate chips
2 T powdered sugar
1/4 t vanilla extract
1/8 t ground cinnamon
3/4 cup cool whip



Optional: Sugar cones, fresh fruit, graham crackers, or mini rice cakes for dipping.

Combine ricotta, half the chocolate chips, powdered sugar, vanilla, and cinnamon in a bowl. Fold in cool whip and sprinkle remaining chocolate chips on top. Chill for 30 minutes or until service.

Nutrition Information per serving (~1/3 cup): 110 calories, 6g total fat, 5 g protein, 11g carbohydrate, 50mg sodium.

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