

## Excerpted from *Sensational Stevia Desserts* by Lisa Jobs:

### Italian Cannoli

Serving Size: 1 cannoli • Total Servings: 6

*1 ½ cups part-skim ricotta cheese, drain water, if necessary*  
*¼ tsp. stevia extract (see page xii for brand variances)*  
*¼ tsp. vanilla extract*  
*¼ tsp. ground cinnamon*  
*2 Tbsp. dried fruit, as used in fruit cake (optional)*  
*1 oz. mini chocolate chips or carob chips (optional)*  
*6 cannoli shells*

With electric mixer or by hand, blend ricotta cheese, stevia, vanilla and cinnamon thoroughly in a medium bowl.\* Dice dried fruit in food processor and fold with chips in cheese filling. Refrigerate overnight or at least a few hours. Fill 6 regular-sized cannoli shells and serve immediately.

\*Using an electric mixer produces a creamier filling.

*Lisa's Note: I found two brands of delicious cannoli shells that you can buy to save yourself the extra work of making them. Ferrara and Bellino make wonderful cannoli shells that are available in many grocery stores. If you can't find them in stores, you can order them online at [www.shopviviano.com](http://www.shopviviano.com). J. Viviano & Sons, Inc. Italian Importers also has a store in St. Louis, MO (314-771-5476).*

### Sugar Comparison

#### Nutrition Facts/Serving

1 cannoli (with chocolate chips and dried fruit)

#### **This Recipe**

Calories 178  
Carbohydrates 15g  
Total Sugars 9g  
Fiber 0g  
Fat 10g  
Cholesterol 19mg  
Sodium 85mg  
Protein 9g

#### **Traditional "Sugar" Recipe**

259- Almost 1.5 times as many!  
31g- More than double!  
26g- Almost 3 times as many!  
less than 1g  
12g- 20% more fat  
29mg  
51mg  
8g

### **Variation: Plain Cannoli**

(without chocolate chips or dried fruit)

#### **Nutrition Facts/Serving**

Calories 143

Carbohydrates 5g

Total Sugars 1g

Fiber 0g

Fat 10g

Cholesterol 31mg

Sodium 54mg

Protein 8g

*Lisa's Note: If you omit the chocolate chips and dried fruit, you will drastically reduce your carbohydrates from 15g to 5g and sugar from 9g to 1g! Wow! The plain cannoli are still outrageously good! For those who are on very strict low-carb diets, you can further reduce your carbs by cutting out the shell altogether and simply enjoying the filling!*

*The stevia taste is best when filling is refrigerated overnight and served the next day. If you're in a hurry, serve refrigerated after a few hours for a similar effect. Believe me...these cannoli are so good, you'll want to make them frequently. Not only are they delicious, but they are so easy to make and will be enjoyed by everyone. When I first developed the recipe, I was very apprehensive about presenting the cannoli to my Italian family. But I was thrilled when everyone— even my parents who were used to the finest cannoli from famous Italian bakeries of South Philadelphia—said they tasted great!*

Copyright ©2005 **Sensational Stevia Desserts** by Lisa Jobs

*This **SSD** recipe and excerpt may not be reproduced or copied without the expressed written permission from HLP and the author. Copyright © 2005.*