



**WEIGHT ★ NO ★ MORE<sup>SM</sup>**  
**DIET CENTER**

*No one does what we do!*

[weightnomoredietcenter.com](http://weightnomoredietcenter.com)  
WeightNoMoreDC



**HOLY MOLY CANNOLI CONES\***

Advanced Lifestyle

**Ingredients**

- 6 sugar cones
- 1 cup + 2 TBS fat-free ricotta cheese
- 2/3 cup Cool Whip Free, thawed
- 2-1/2 TBS Splenda
- 2 TBS mini semi-sweet chocolate chips, divided
- 1 TBS fat-free, sugar-free vanilla instant pudding mix
- 1 TBS powdered sugar

**Instructions**

1. Place all ingredients except the cones and chocolate chips in a medium bowl. Using an electric mixer, beat on high until mixture is fully combined and fluffy. Fold in half (1 TBS) of the chocolate chips.
2. Carefully transfer mixture to a large plastic bag, squeezing it down toward one bottom corner of the bag. Snip that corner off with scissors so that you have a makeshift piping bag.
3. Gently squeeze the ricotta mixture into the cones, evenly distributing it among them.
4. Sprinkle the remaining chocolate chips evenly on top of the filling in each cone.

**Portion-Per-Serving Information:** (Yields 6 servings)

Serving = 1 cone = 1 M, 1 G

---

\*Source: [www.hungrygirl.com](http://www.hungrygirl.com)