



Pumpkin Pie Cannoli Cones



1/6th of recipe (1 cone): 145 calories, 6g total fat (3.5g sat. fat), 185mg sodium, 18g carbs, 1g fiber, 8.5g sugars, 4.5g protein

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Prep: 15 minutes



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Ingredients

1/2 cup reduced-fat cream cheese
2 packets natural no-calorie sweetener
1/2 tsp. cinnamon
1/4 tsp. pumpkin pie spice
Dash salt
1/2 cup light/low-fat ricotta cheese
1/2 cup canned pure pumpkin (*not* pumpkin pie filling)
1/4 tsp. vanilla extract
1 tbsp. plus 1 tsp. mini semi-sweet chocolate chips
1/2 sheet (2 crackers) low-fat graham crackers, finely crushed
6 sugar cones (the pointy-bottomed kind)
Optional toppings: Fat Free Reddi-wip, additional cinnamon

Directions

In a medium bowl, combine cream cheese, sweetener, cinnamon, pumpkin pie spice, and salt. Mix until smooth and uniform.

Add ricotta cheese, pumpkin, and vanilla extract. Stir until uniform. Stir in 1 tbsp. chocolate chips and half of the crushed graham crackers (about 1 tbsp.).

Evenly spoon mixture into the cones. Top with remaining crushed graham crackers and remaining 1 tsp. chocolate chips. Enjoy!

MAKES 6 SERVINGS

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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