

# Cannoli Vergognosi (Shameful Cannoli)

An extremely non traditional, skinned down Cannoli recipe that's sure to make your Nonnas cry out in horror.

In early Summer of 2021, @chiafullo, a grumpy ol' Italian from Connect, challenged me to make his REAL cannoli recipe. It was, of course... delicious, I guess 😊. Now, I've used his traditional base-recipe as a template for my own skinned-down Cannoli recipe. It was really just a matter of simple ingredient swaps: Truvia 0 calorie confectioners sugar instead of regular, part-skim ricotta instead of whole milk ricotta, then cutting the ricotta with an almost 50/50 amount of strained Greek yogurt. Finally, finished with Lily's stevia-sweetened chocolate chips. I made the decision to still use pre-made, deep fried cannoli shells. C'mon, I'm not a Barbarian! Oh, shout out to Chiafullo, for giving these their 'colorful' Italian name.

## Serving Info.:

Yields: 24 regular, 48 mini  
Servings: 24 (48)  
Serving Size: 1 cannoli



## Ingredients:

### Filling:

- 30 oz part-skim ricotta cheese
- 33 oz fat free plain Greek yogurt (buy a 35oz container of FAGE or Chobani, then remove 1/4 cup from it).
- 2-1/2 to 2-3/4 cup 0 calorie confectioners sugar replacement, such as Truvia 0 calorie brand. (see notes)
- 1 Tbsp imitation vanilla extract. Yes, imitation. See the notes, Susie.
- 1 tsp Watkins brand Cream Cheese Flavor Extract (see notes)
- 1-3/4 tsp ground cinnamon
- 8 oz Lily's semi sweet chocolate chips (SEE NOTES!!!)

### Additional Ingredients/Gear:

- 24 regular sized cannoli shells.
- Cheesecloth
- A colander or something to let you suspend the cheesecloth/strainer over a bowl.

## Directions:

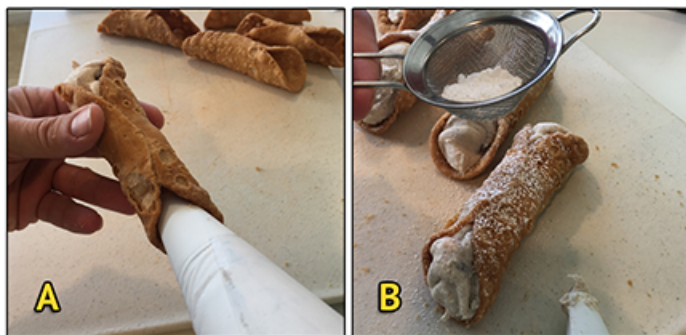


- 1 (A) In a large mixing bowl, mix together the Greek yogurt and ricotta cheese, till well combined. Line a colander or strainer with cheese cloth, over a bowl. Place the dairy mixture into the cheesecloth. Cover with plastic wrap and let strain for 24 hours in the fridge. (B) After straining, it should remove about 1 cup of liquid. Place the strained mix, confectioners sugar replacement, chocolate chips, cinnamon, vanilla and cream cheese extracts into a large mixing bowl. Yup... all of it. (C) Mix it all together, till well combined. Set aside in the fridge, to set for 1 hour. (D) Put half of the filling into a large piping bag, with a round piping tip, about the width of your thumb or index finger.



My points were calculated using 'Alessi' brand, Sicilian-Style regular shells. However, use whatever brand you can get. My recipe takes into account 64 points for 24 regular 'large' sized cannoli shells. For mini shells, my recipe uses 'Alessi' brand mini cannoli shells. Use whatever you can.





2 (A) Insert the tip of the piping bag all the way into one side of a cannoli shell and squeeze the back of the piping bag. Pull back, filling the cannoli from the middle, to the outside edge. Then, turn the shell around, insert the piping tip back into the cannoli's center and repeat the process, filling the other side. Refill the piping bag when needed. Ta Da!!!! (B) Add some additional 0 calorie 'confectioners sugar' to a fine wire mesh strainer. Hold the strainer over the finished cannolis, then tap gently, dusting them all. Done.

## VARIATIONS:



- **CHOCOLATE OPTIONS:** My recipe calls for 35 points worth of chips. However, I found if I put 4 ounces into the filling, then MELT the remaining 4 ounces in a bowl, I can use a spatula to dip into the chocolate and lightly 'paint' the edges of all 24 cannoli shells with chocolate. You can also skip putting chips into the filling altogether. Instead, 'dip' the edges of the shells, then sprinkle chocolate chips onto the ends of each cannoli, (pictured above). But, because of the reduced 'mass' in the filling, you'll end up making 2 fewer cannolis.



- **PISTACHIOS:** Another traditional topping is crushed pistachios. You can swap a bunch of points for chocolate chips out, with chopped pistachios. You can top the ends of the cannoli with only chocolate chips, OR, do one side pistachios, one side with chocolate. Or, put 4 oz of chips into the filling and sprinkle pistachios onto the ends. Customize these babies!

## NOTES:

- **SICILIAN-ISH STYLE:** Want a citrusy flavor explosion? Go Sicilian, baby!! Add 1-1/2 Tbsp of finely minced, fresh orange peel to the filling. It'll take around 2 good sized oranges. The filling has a very subtle citrus flavor at first, but the longer the filling rests, the more pronounced the orange flavor becomes. Personally, when I mix orange zest in with the filling, I let it rest in the fridge for a couple additional hours, before piping it into the cannoli.
- **PISTACHIOS:** My recipe calls for 35 points of chocolate. You can definitely use some of that for pistachios, instead.
- **LILY'S CHOCOLATE CHIPS:** I prefer using semi sweet chips, while my wife prefers their dark chocolate chips for these.
- **CANNOLI SHELLS:** As mentioned, I used 'Alessi' brand cannoli shells. However, you can use any brand you wish. My 'points' take into account 64 points for the shells. If you have a local Italian deli/market nearby, see if you can find a few boxes there. In the past, I've purchased shells from Amazon. When I did, 3/4 of all the shells I ordered, arrived shattered and broken within the boxes. When I bought 6 boxes at a local deli, there wasn't 1 single broken shell.
- **0 CALORIE CONFECTIONERS SUGAR:** I used Truvia brand, though there is also Swerve and a few others. BE AWARE... these have 0 calories. Though they DO have carbs, they are carbs from sugar alcohols, which are not broken down into sugar by the body. Unfortunately, a lot of listings for these, in the App, ARE WRONG. They should not have points.
- **IMITATION VANILLA EXTRACT:** Regular vanilla extract gains points at 2tsp. Imitation gives you 3 tsp for 0 points.
- **CREAM CHEESE FLAVORING:** Watkins brand cream cheese flavoring can be found on Walmart.com and Amazon. Its purpose in this recipe is to knock down the slight yogurt 'tang'. It really makes a difference with the finished filling.
- **RAINBOW SPRINKLES:** Reeeally want to anger the Italians in your life? Sprinkle some of these on your cannoli.
- **STORING:** You can freeze these in tupperware. To thaw, set one or more on the counter, uncovered, for 1.5 hours.

