



Chiafullo's Holy Cannoli

Old-School, Full Sized (or mini) Cannoli, with Cinnamon, Vanilla & Chocolate Chips

This is not one of my low point recipes. THIS RECIPE is from my arch nemesis Lou Chiafullo (you can follow him on Instagram and Connect). I promised that I'd make his traditional Italian recipe for Cannoli, with NO ingredient substitutions. So, here ya go. This recipe is for the cannoli filling, using regular ingredients, no sugar free or reduced fat stuff. Though it pains me to say it...these were delicious. Just don't tell him I said that.

Ingredients:

Filling:

- 1 cup ricotta cheese
- 1 cup mascarpone cheese
- 1/3 cup powdered sugar
- 1 tsp vanilla extract (I used imitation, sue me)
- 1/2 tsp ground cinnamon
- 3oz (JUUST over 1/2 cup) semi sweet chocolate chips

Additional Ingredients/Gear:

- 12 regular sized cannoli shells. I purchased 'Alessi' brand off of Amazon. They are 3 points per shell
- Cheesecloth or paper coffee filters
- Piping bag or Gallon sized ziplock bag
- Fine wire mesh strainer, for dusting

Serving Info.:

Yields: 6 regular sized or 12 mini cannoli
 Servings: 6 (12)
 Serving Size: 1 cannoli

Points:

	G	B	P
1 serving =	18(11)	18(11)	18(11)
2 servings =	37(21)	37(21)	37(21)
3 servings =	55(32)	55(32)	55(32)
4 servings =	73(42)	73(42)	73(42)

Points in parenthesis are for MINI cannoli



My points were calculated using 'Alessi' brand, Sicilian-Style regular, or mini shells.

Directions:

- 1 Strain the ricotta cheese, overnight, using cheese cloth or paper coffee liners, if you're on a budget. Store overnight in the fridge at LEAST 12 hours.
- 2 Mix together the strained ricotta, mascarpone, powdered sugar, vanilla, cinnamon and chocolate chips, till well combined. Cover, then refrigerate for at least 1 hour, till ready to assemble the cannolis.
- 3 Scoop the filling into a piping bag, or a gallon ziplock bag. Snip a thumb sized hole off the tip, Mazel tov!
- 4 Insert the tip of the piping bag all the way into the cannoli shell and pipe filling in. Rotate the shell and fill the back side, till uniform.
- 5 Add 1 teaspoon powdered sugar into a wire strainer. Gently tap with your finger and dust the cannolis. Done.

Notes:

- **STRAINING:** It is extremely important that you strain the ricotta cheese. Don't skip this step.
- **MASCARPONE:** Some regions only use sweetened ricotta cheese for their cannoli filling. However, Grand Poomba Chiafullo's recipe uses a mixture of ricotta and mascarpone. I actually prefer it this way too. Rather than being very dense, the filling is lighter and creamier. If however, you like that sad, dense cannoli filling, replace the mascarpone with more ricotta. It'll actually lower the points. Though, it tastes like sadness.
- **SHELLS:** As mentioned, I used 'Alessi' brand cannoli shells. However, you can use any brand you wish. Note, make sure to scan the points for your purchased shells. My listed points take into account 16 points for 6 regular sized shells and 32 points for 12 mini shells. If you purchase a different brand, make sure to adjust your points if necessary. You can find shells at local Italian markets. If you order them online, like I did, there is a chance a few of the shells you order will arrive shattered and crumbled inside of the package.

