



CHOCOLATE CANNOLI DIP

INGREDIENTS:

- 1/2 cup fat free ricotta
- 1 tbsp Hershey's special dark cacao powder
- 1-2 packets low calorie sweetener or choice (i.e Stevia)
- 1 tbsp milk of choice
- 1 tbsp sugar free mini chocolate chips (i.e Stevia sweetened chips)

DIRECTIONS:

1. Add all ingredients to a small bowl
2. Mix until all ingredients combined
3. Top with chocolate chips

Enjoy!



Makes 1 Serving

Calories: 155 | Protein: 14 g | Carb: 19 g | Fat: 5 g | Fiber: 6