



APPLE PIE BREAKFAST CANNOLI

Kathi Favre - Student, Chris Orr - Student
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Ingredients:

Apple pie filling, fresh or canned	18 oz.
Lemon juice	to taste
Confectioners sugar	4 oz.
Part skim milk ricotta cheese	24 oz.
Cannoli shells, 2 oz. size	10
Skim milk, optional	as needed
Vanilla	1 tsp.
Orange zest, optional	1/2 tsp.
Cinnamon Sugar mix to sprinkle	

Directions:

1. Mix the 4 ounces of sugar, the lemon juice and the ricotta in a large bowl and whip with a hand mixer till fluffy. If cheese is too dense, a little skim milk may be added.
2. Dice up the apple pie filling till the apples are a small dice, and then spread the filling on the inside bottom of the cannoli shells.
3. Place the skim milk ricotta in a pastry bag fitted with a star tip, and then, squeeze in 2 ounces of the filling, half at a time from each end, over the apple filling.
4. Sprinkle each end with the cinnamon/sugar mix, and place the cannoli in an easy to carry container.

Serves 5.

Note: Any fruit filling may be substituted for the apple filling

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.



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