APPLE PIE BREAKFAST CANNOLI
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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.