

# CANNOLI

## Ingredients

### *Cannoli Shells*

- 1 tablespoon safflower or coconut oil
- 2 tablespoons granulated sugar
- ½ teaspoon cinnamon
- ⅓ cup Marsala wine
- 1 cup whole wheat pastry or spelt flour, plus a small amount for dusting
- 1 teaspoon cocoa powder
- ⅛ teaspoon fine sea salt

### *Filling*

- 1½ cups whole milk or part-skim ricotta cheese
- 3 tablespoons honey
- ½ teaspoon vanilla extract
- ½ teaspoon orange zest
- ¼ cup (about 1½ ounces) dark chocolate, chopped, for garnish (optional)
- ¼ cup unsalted pistachios, chopped, for garnish (optional)

\*Note: A piece of dry manicotti pasta, lined with greased parchment paper, will also work, but may be more difficult to remove or may require breaking the pasta.

## Directions

1. At least 8 hours before preparing cannoli, line a strainer with a coffee filter or cheesecloth and suspend over a bowl. Add ricotta cheese and allow liquid to drain.
2. To make dough, combine the flour, sugar, cinnamon, cocoa powder, and salt together in a large bowl. Add oil and mix until it resembles large pebbles. Add wine and mix until dough barely begins to hold together. Transfer the dough to a floured surface and knead until smooth, up to 5 minutes. Wrap in wax paper and refrigerate for at least 1 hour, until firm.
3. Meanwhile, make filling by combining ricotta, honey, vanilla, orange zest, and chocolate. Mix until evenly distributed. Preheat oven to 350°F.
4. When dough for shells is chilled, coat with additional flour and use a rolling pin to roll out to ¼-inch on a lightly floured surface. Use a 4-inch round cookie cutter to cut circles from the dough. Repeat with the excess dough, kneading it back together and cutting it until about 10 circles are formed.
5. Wrap each circle of dough loosely around a cannoli form\* with at least ½-inch overlap and press down to seal. Repeat with remaining circles.
6. Arrange seam side-down on a parchment-lined baking sheet and bake for approximately 15 minutes or until pastry is golden and firm. Let cool completely before removing tubes and adding filling.
7. Just before serving, place the filling in a pastry bag with a large tip or zip-top bag and cut a ½-inch diameter piece off the end/corner. Insert the tip into 1 end of a shell and pipe the filling in halfway, then pipe to fill from the other end. Repeat with the remaining shells. Garnish with chopped pistachios and/or chocolate, if desired.

10 HOURS | SERVES ~10 |

*Nutrition Facts (per serving - using whole milk ricotta)*  
203 calories | 9g fat | 5g saturated fat | 133mg sodium | 22g carbohydrate | 2g fiber | 9g sugar | 5g protein