

How to Make Low-Carb Cannoli

Hands-on 1 hour Overall 1 hour 10 minutes

Nutritional values (per serving, 1 cannolo): Total carbs: 4.3 g, Fiber: 1.1 g, **Net carbs: 3.1 g**,

Protein: 7 g, Fat: 15.5 g, Calories: 180 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 12 cannoli)

Cannoli tubes:

- 2/3 cup almond flour (67 g/ 2.3 oz)
- 1 tbsp psyllium powder (8 g/ 0.3 oz)
- 1/2 tsp vanilla powder
- pinch of sea salt
- 1/2 cup granulated Swerve or Erythritol (100 g/ 3.5 oz)
- 1/4 cup melted ghee (60 ml/ 2 fl oz)
- 2 large eggs
- 1/2 cup coconut milk or cream (120 ml/ 4 fl oz)

Ricotta filling:

- 2 cups full-fat ricotta cheese (480 g/ 16.9 oz)
- 3/4 cup powdered Swerve or Erythritol (120 g/ 4.2 oz) - *you can use less to taste*
- 1/2 tsp sugar-free vanilla extract
- 1 tbsp orange zest
- 1/2 tsp cinnamon

Instructions

1. Place the almond flour, psyllium, vanilla powder and salt in a large mixing bowl.
2. In another bowl, mix the eggs, coconut milk, sweetener and melted ghee.
3. Add the dry ingredients into the bowl with the eggs and mix well.
4. Pour the batter, about 2 tablespoons (38 g/ 1.3 oz) per cannoli tube, in the cone maker and close the lid.
5. Cook for 5 minutes, or until it's lightly browned and cooked through.
6. Once ready, use a spatula to lift the wafer from the cone maker and roll it around a cannoli tube. You can buy cannoli tubes or use any clean round item that you have around the house.

7. Let it cool down for 1-2 minutes before sliding the tube out from the centre.
8. Continue until all of the mixture is used. *Note: This can feel a bit time consuming as you need to cook each tube individually, but it's worth it. I promise.*
9. Meanwhile, in-between batches mix all of the ricotta ingredients together with a stand mixer and whip until smooth and fluffy.
10. Pipe ricotta into tubes from either end.
11. Store in the fridge for up to five days.
12. You can optionally dust tubes with powdered Swerve to finish.

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