

# 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](#)

- Let it cool down for 1-2 minutes before sliding the tube out from the centre.
- 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.*
- Meanwhile, in-between batches mix all of the ricotta ingredients together with a stand mixer and whip until smooth and fluffy.
- Pipe ricotta into tubes from either end.
- Store in the fridge for up to five days.
- You can optionally dust tubes with powdered Swerve to finish.

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## Instructions

- Place the almond flour, psyllium, vanilla powder and salt in a large mixing bowl.
- In another bowl, mix the eggs, coconut milk, sweetener and melted ghee.
- Add the dry ingredients into the bowl with the eggs and mix well.
- Pour the batter, about 2 tablespoons (38 g/ 1.3 oz) per cannoli tube, in the [cone maker](#) and close the lid.
- Cook for 5 minutes, or until it's lightly browned and cooked through.
- 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.