

Frozen Cannoli Pops

www.GalbaniCheese.com

Yield: 30 pops

*15 ounces ricotta cheese
cheesecloth/ paper towels
1/2 cup powdered sugar
1/2 teaspoon vanilla
30 popsicle sticks
12 ounces chocolate fudge ice cream
shell syrup
1/4 cup coarse sea salt*

Empty all of the ricotta cheese into the cheesecloth (or paper towels). Let sit for 20 minutes to absorb the excess moisture.

In a mixing bowl combine the ricotta cheese, sugar and vanilla,. Mix until blended.

Roll thirty 1/2-ounce balls. Place on a baking sheet.

Freeze for one hour. Then insert the sticks into the center of each ball. Return to the freezer for another hour.

Pour the entire bottle of chocolate shell syrup into a bowl. Remove the ricotta cheese balls from the freezer. Dip each ball into the chocolate, completely covering the entire ball.

Place the balls back on the baking sheet. Sprinkle the balls with sea salt.

Return the balls to the freezer for another 30 to 40 minutes.

Serve directly from the freezer.

Per Serving (excluding unknown items): 979 Calories; 55g Fat (50.7% calories from fat); 48g Protein; 73g Carbohydrate; 0g Dietary Fiber; 215mg Cholesterol; 358mg Sodium. Exchanges: 7 Lean Meat; 7 Fat; 4 Other Carbohydrates.