

# FIXATE RECIPES

## CANNOLI BITES

Serves: 24 (1 bite each)



Total Time: 1 hr. 2 min.

Prep Time: 20 min. + 30 min. chilling time

Cooking Time: 12 min.

### FOR DOUGH:

2 cups gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)  
1 tsp. xanthan gum  
¼ tsp. sea salt (or Himalayan salt)  
2 Tbsp. unsalted organic grass-fed butter, chilled, cubed

1

½ cup

large egg yolk  
white wine

### FOR FILLING:

2¼ cups part-skim ricotta cheese  
¼ cup + 2 Tbsp. powdered sugar  
¼ cup + 2 Tbsp. semisweet mini-chocolate chips

**SPECIAL EQUIPMENT:** Nonstick 24-cup mini-muffin pan • Nonstick cooking spray • Plastic wrap

1. Preheat oven to 400° F.
2. Lightly coat a mini-muffin pan with spray; set aside.
3. To make dough, add flour, xanthan gum, and salt to a food processor; pulse to combine.
4. Add butter; pulse until broken down to pea-sized pieces. Add yolk and wine; pulse until dough forms.
5. Turn dough out onto work surface; knead for 7 to 8 minutes, or until smooth. Flatten into a ½-inch-thick disk; wrap in plastic wrap. Refrigerate for 30 minutes.
6. To make filling, add ricotta, sugar, and chocolate chips to a medium bowl; mix well.
7. Add ricotta mixture to a resealable plastic bag; refrigerate until ready to use.
8. Unwrap dough; lightly dust with flour. Roll out to ⅛-inch thickness; cut into rounds with a 2½-inch cookie cutter. Re-form scraps into a ball; roll out ball. Cut into rounds until all dough is used up.
9. Press dough rounds into wells of muffin pan, molding them evenly up the sides of each cup, flattening the areas where they fold and overlap.
10. Lightly coat top of dough with spray; bake for 10 to 12 minutes, or until crisp and golden brown.
11. Transfer to rack to cool completely.
12. Once shells have cooled, remove ricotta mixture from fridge and snip one corner off of plastic bag; pipe approximately 2 Tbsp. mixture into each cup. Enjoy!

### RECIPE NOTES:

- Be sure to get the air out from underneath the dough when forming the cups, so the bottom doesn't bubble up.
- If your ricotta is particularly wet, you may need to let it sit in a cloth-lined colander for 30 minutes to drain.

### Nutritional Information (per serving):

Calories:	111	Cholesterol:	17 mg	Fiber:	0.5 g
Total Fat:	4 g	Sodium:	31 mg	Sugars:	3 g
Saturated Fat:	2 g	Carbohydrates:	15 g	Protein:	4 g

### Container Equivalents (per serving)

THE ULTIMATE PORTION FIX 1 1

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Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.