

Low-Point Creamy Cannoli Parfait

Ingredients:

- 1/2 cup part skim Ricotta cheese
- 2 Tbs honey
- 1/8 tsp. cinnamon
- 1/8 tsp. all spice
- 1/2 tsp. vanilla
- 2 Tbs chocolate chips
- 4 reduced-fat vanilla wafers
- 1 Tbs chocolate cool whip (or regular lite cool whip)

Combine all ingredients except wafers and cool whip. Break up two vanilla wafers and place in the bottom of two dessert/parfait cups. (If you don't have parfait cups, use small ramekins). Spoon mixture on top of wafers into each cup. Top with a tablespoon of cool whip and either place another wafer on top (as shown on <http://www.pointsinmylife.com>), crumble the wafer and sprinkle on top, or leave off wafer and add just a few more chocolate chips. Enjoy immediately or chill until ready to devour. :)

Total servings - 2

Serving size - 1

Points per serving - 5.8 (with vanilla wafer on top); 5.3 w/out wafer

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

“Meditating on an event that is going to happen, and visualizing it as you want it to turn out, has the power to mold it according to your thought.” - Anonymous