

Zucchini Bread Recipes

# Chocolate Peanut Butter Ice Cream

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| **10 min**<br>Prep time | **10 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Dessert**<br>Course |

## Ingredients

### Base

- [ ] 1 cup dark chocolate chips (70% cocoa)
- [ ] 1 cup plain Greek yogurt
- [ ] 1/3 cup natural peanut butter
- [ ] 2 tbsp maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice

### Optional Swirl

- [ ] 2 tbsp peanut butter, slightly warmed
- [ ] 1 tsp honey (optional)

## Instructions

1. Melt the dark chocolate chips in a heat-proof bowl over simmering water, stirring until smooth; remove from heat and let cool slightly.



2. In a separate bowl, whisk together Greek yogurt, peanut butter, maple syrup, vanilla, and lemon juice until fully combined.



3. Fold the melted chocolate into the yogurt mixture, creating a silky, dark-brown base. Creamy chocolate cottage cheese inspired the smoothness.



4. Pour the mixture into a freezer-safe container, swirl in the optional warmed peanut butter, and smooth the top with a spatula.

5 Cover tightly and freeze for at least 3-4 hours, stirring once halfway through to keep the texture uniform.



6 When ready to serve, let the ice cream sit for 5-10 minutes, then scoop into bowls and enjoy.



## Nutrition per serving

| 280 kcal | 8 g | 25 g | 18 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the mixture forms ice crystals, give it a quick stir before the final freeze.
- For a vegan version, replace Greek yogurt with coconut yogurt and ensure chocolate is dairy-free.
- Add a pinch of sea salt to elevate the chocolate-peanut flavor.