

Zucchini Bread Recipes

Creamy Chocolate Cottage Cheese Ice Cream

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 2 cups cottage cheese (full-fat)
- [ ] 1/2 cup unsweetened dark cocoa powder
- [ ] 1/4 cup honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Pinch of sea salt
- [ ] 2 tbsp milk (optional for texture)

Instructions

1. Drain the cottage cheese in a fine mesh sieve for a few minutes to remove excess whey.
2. In a high-speed blender, combine the drained cottage cheese, cocoa powder, honey, vanilla, lemon zest, and sea salt. Blend until completely smooth, pausing to scrape down the sides.
3. If the mixture feels too thick, add milk one tablespoon at a time until you reach a soft-serve consistency.
4. Transfer the mixture to your ice cream maker and churn according to the manufacturer's directions, about 20-25 minutes, or freeze in a shallow container, stirring every 30 minutes for 2-3 hours.
5. Once set, scoop into bowls, garnish with a dusting of cocoa nibs or a drizzle of melted chocolate, and enjoy.

Nutrition per serving

210 kcal	12 g	22 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra protein kick, stir in a scoop of chocolate whey protein after blending.
- If you prefer a richer taste, replace half the cottage cheese with Greek yogurt.
- Taste before freezing – adjust sweetness if needed; the cold can mute flavors.