



Long Livo

Cottage Cheese Protein Ice Cream

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Base

- ☐ 2 cups cottage cheese
- ☐ 1 cup plain Greek yogurt
- ☐ 1/3 cup honey
- ☐ 1 tsp vanilla extract

- ☐ 1 tsp lemon zest

- ☐ Pinch of salt

Optional Mix-ins

- ☐ 1/2 cup fresh mixed berries
- ☐ 2 tbsp chopped nuts

Instructions

- 1** Drain the cottage cheese and place it in a blender; add Greek yogurt and blend on high until the mixture is completely smooth.
- 2** Warm the honey gently (microwave 10 seconds), then stir in vanilla, lemon zest, and a pinch of salt; fold this into the blended dairy.
- 3** Cover the bowl and chill the mixture in the refrigerator for at least 30 minutes; this helps it freeze evenly.
- 4** Pour the chilled base into an ice-cream maker and churn for 20-25 minutes until thick and creamy. If you don't have a maker, spread the mixture in a shallow pan and freeze, stirring every 30 minutes.
- 5** During the last 2 minutes of churning, gently fold in fresh berries or nuts if using.
- 6** Transfer the ice cream to an airtight container, smooth the top, and freeze for an additional hour for a firmer texture.

Nutrition per serving

210 kcal

Calories

16 g

Protein

26 g

Carbs

5 g

Fat

Tips & notes

- For extra creaminess, add a splash of whole milk before chilling.
- If the ice cream feels too icy, blend again briefly before serving.
- Taste the base before freezing; adjust honey or lemon zest to your liking.