



Long Livo

Creamy Chocolate Cottage Cheese 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 whole milk
- ☐ 1/2 cup honey
- ☐ 1 tsp vanilla extract
- ☐ 1/4 cup unsweetened cocoa powder
- ☐ 100 g dark chocolate, melted

Instructions

- 1 In a blender, combine cottage cheese, milk, honey, and vanilla; blend until completely smooth and creamy.
- 2 Gently melt dark chocolate over a double boiler, then add cocoa powder, stirring until glossy.
- 3 Pour the chocolate mixture into the blended base, blend again briefly to incorporate fully.
- 4 Cover the bowl and chill in the refrigerator for at least 2 hours, or until very cold.
- 5 Transfer the cold mixture to an ice cream maker and churn according to the manufacturer's instructions, about 20–25 minutes.
- 6 During the last few minutes, add a swirl of extra melted chocolate if desired, then transfer the ice cream to a freezer-safe container.
- 7 Freeze for an additional 30 minutes to firm up, then serve scoops in chilled bowls.

Nutrition per serving

210 kcal

Calories

12 g

Protein

25 g

Carbs

9 g

Fat

Tips & notes

- For extra protein, stir in a scoop of vanilla whey protein powder before chilling.
- If the ice cream feels icy, ensure the base was fully chilled before churning.
- A pinch of sea salt can heighten the chocolate flavor without making it salty.