

Plate Dream

Creamy Chocolate Cottage Cheese Ice Cream

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups cottage cheese (full-fat or low-fat)
- [ ] 1/3 cup unsweetened cocoa powder
- [ ] 1/4 cup honey (or maple syrup)
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] A pinch of sea salt

Instructions

1. Drain the cottage cheese in a fine-mesh sieve for 10 minutes; this removes excess whey and gives a smoother base.
2. In a small saucepan, whisk together cocoa, honey, vanilla, zest, and salt; warm over low heat until just fragrant, about 2-3 minutes. butter pecan ice cream taught me that a gentle warm helps flavors marry.
3. Transfer the warm chocolate mixture to a blender; add the drained cottage cheese and blend on low until silky, about 30 seconds. If you have an ice cream maker, pour the blend directly into it now.
4. If using a freezer-safe container, spread the mixture evenly, cover, and freeze. Every 30 minutes for the next 2 hours, stir vigorously to break ice crystals.
5. When the ice cream is firm but still scoop-able, serve in chilled bowls. Top with a sprinkle of cocoa or fresh berries for contrast.

Nutrition per serving

210 kcal	12 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the ice cream soften for 5 minutes before scooping for the smoothest texture.
- Adjust the sweetener to taste after blending; cocoa can be bitter.
- For extra protein, swirl in a spoonful of Greek yogurt just before the final freeze.