

Treasure Barrel

Creamy Chocolate Cottage Cheese Ice Cream

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

Ingredients

Base

- [ ] 2 cups low-fat cottage cheese, well-drained
- [ ] 1/2 cup unsweetened cocoa powder
- [ ] 1/3 cup honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1 pinch sea salt

Instructions

1. Drain the cottage cheese in a fine-mesh sieve for about 10 minutes to remove excess whey.
2. In a large bowl, whisk together the cocoa powder, honey, vanilla, lemon zest, and salt.
3. Add the drained cottage cheese to the cocoa mixture and blend with a hand mixer until ultra-smooth.
4. Pour the mixture into a shallow metal pan, cover, and freeze. Stir every 30 minutes for the first 2 hours to keep it creamy.
5. After the final stir, let the ice cream freeze completely for another 1-2 hours. Serve with a garnish of shaved dark chocolate.

Nutrition per serving

210 kcal	14 g	30 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, blend in a tablespoon of almond milk (see almond milk ice cream for inspiration).
- For a fruitier version, swirl in some puréed berries after the final stir, like the method used in strawberry ice cream.
- Taste before freezing; adjust sweetness or cocoa intensity as desired.