

Helergon Kitchen

Creamy Chocolate Cottage Cheese Ice Cream

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

Ingredients

Base Ice Cream

- [ ] 2 cups low-fat cottage cheese, well-drained
- [ ] 1/2 cup unsweetened cocoa powder
- [ ] 1/4 cup honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon zest
- [ ] Pinch of sea salt

Optional Mix-ins

- [ ] 2 tbsp dark chocolate chips
- [ ] 1 tbsp toasted almond slivers

Instructions

1. Drain the cottage cheese in a fine-mesh sieve for about 5 minutes to remove excess whey.
2. In a high-speed blender, combine the drained cottage cheese, cocoa powder, honey, vanilla, lemon zest, and salt. Blend on high for 1-2 minutes until smooth and glossy.
3. Taste the mixture; if the chocolate is too bitter, add a tiny drizzle of extra honey and blend briefly.
4. Transfer the base to a shallow, freezer-safe container. Smooth the top with a spatula.
5. Freeze for 2 hours, then stir vigorously with a fork to break up any forming crystals. If you like, fold in the dark chocolate chips and almond slivers now.
6. Return to the freezer and continue to stir every hour for the next 2 hours, or until firm. Let sit 5 minutes before scooping.

Nutrition per serving

210 kcal	14 g	28 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use a frozen metal bowl for the blender to keep the mixture extra cold.
- If the mixture feels too thick to blend, add a splash of milk or water.
- For a richer taste, swap half of the honey for a tablespoon of melted dark chocolate.