

Helergon Kitchen

Duo of Chocolate Ice Cream Glasses

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 2 cups dark chocolate ice cream, softened
- [ ] 2 cups milk chocolate ice cream, softened
- [ ] 2 tbsp chocolate shavings
- [ ] 1 pinch sea salt flakes
- [ ] 4 fresh mint leaves (optional)
- [ ] 1 tbsp honey

Instructions

1. Place chilled glasses on a tray; this helps keep the ice cream firm.
2. Scoop dark chocolate ice cream into each glass, filling halfway. I remember doing this slowly, feeling the cold cream settle.
3. Top with a smooth layer of milk chocolate ice cream, pressing lightly with a warm spoon to keep the layers distinct.
4. Garnish with chocolate shavings, a pinch of sea salt, a mint leaf, and a light honey drizzle. If you enjoy brownie notes, the shavings add that subtle crunch.

Nutrition per serving

250 kcal	4 g	28 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Serve immediately for the best texture.
- If using a frozen dessert, let it soften for 5 minutes before scooping.
- A quick stir before serving reunites the layers beautifully.