

Choco Fever Dream

Cottage Cheese Protein Ice Cream

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

Ingredients

Base

- [ ] 2 cups cottage cheese
- [ ] 1 cup plain Greek yogurt
- [ ] 1/3 cup honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Pinch of salt

Optional Mix-ins

- [ ] 1/2 cup fresh mixed berries
- [ ] 2 tbsp chopped nuts

Instructions

1. Drain the cottage cheese and place it in a blender; add Greek yogurt and blend on high until the mixture is completely smooth.
2. Warm the honey gently (microwave 10 seconds), then stir in vanilla, lemon zest, and a pinch of salt; fold this into the blended dairy.
3. Cover the bowl and chill the mixture in the refrigerator for at least 30 minutes; this helps it freeze evenly.
4. Pour the chilled base into an ice-cream maker and churn for 20-25 minutes until thick and creamy. If you don’t have a maker, spread the mixture in a shallow pan and freeze, stirring every 30 minutes.
5. During the last 2 minutes of churning, gently fold in fresh berries or nuts if using.
6. Transfer the ice cream to an airtight container, smooth the top, and freeze for an additional hour for a firmer texture.

Nutrition per serving

210 kcal	16 g	26 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, add a splash of whole milk before chilling.
- If the ice cream feels too icy, blend again briefly before serving.
- Taste the base before freezing; adjust honey or lemon zest to your liking.