

Choco Fever Dream

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 cottage cheese
- [ ] 1 cup whole milk
- [ ] 1/2 cup honey
- [ ] 1 tsp vanilla extract
- [ ] 1/4 cup unsweetened cocoa powder
- [ ] 100 g dark chocolate, melted

Instructions

1. In a blender, combine cottage cheese, milk, honey, and vanilla; blend until completely smooth and creamy.
2. Gently melt dark chocolate over a double boiler, then add cocoa powder, stirring until glossy.
3. Pour the chocolate mixture into the blended base, blend again briefly to incorporate fully.
4. Cover the bowl and chill in the refrigerator for at least 2 hours, or until very cold.
5. Transfer the cold mixture to an ice cream maker and churn according to the manufacturer's instructions, about 20–25 minutes.
6. During the last few minutes, add a swirl of extra melted chocolate if desired, then transfer the ice cream to a freezer-safe container.
7. Freeze for an additional 30 minutes to firm up, then serve scoops in chilled bowls.

Nutrition per serving

210 kcal	12 g	25 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra protein, stir in a scoop of vanilla whey protein powder before chilling.
- If the ice cream feels icy, ensure the base was fully chilled before churning.
- A pinch of sea salt can heighten the chocolate flavor without making it salty.