

Long Livo

# Creamy Chocolate Cottage Cheese Ice Cream

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|---|---|---|
| **15 min**<br>Prep time | **10 min**<br>Cook time | **25 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Base

- [ ] 2 cups low-fat cottage cheese, well-drained
- [ ] 1 cup dark chocolate chips (70% cacao)
- [ ] 1/4 cup honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Pinch of sea salt

### Optional Toppings

- [ ] Cocoa powder for dusting
- [ ] Chopped toasted almonds
- [ ] A drizzle of melted chocolate

## Instructions

1. In a small saucepan, gently melt the dark chocolate over low heat, stirring until smooth.
2. Remove from heat and whisk in honey, vanilla, lemon zest, and sea salt.
3. In a food processor, blend the cottage cheese until silky, then slowly pour in the chocolate mixture, blending until fully incorporated.
4. Transfer the mixture to a freezer-safe container, smooth the top, and cover tightly.
5. Freeze for 2-3 hours, stirring gently every 30 minutes to keep the texture airy.
6. When ready, scoop into bowls, dust with cocoa powder, and garnish with toasted almonds or a drizzle of chocolate if desired.

### Nutrition per serving

| 210 kcal | 14 g | 22 g | 8 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the ice cream feels too icy, let it sit at room temperature for a few minutes before serving.
- Stirring during the first two hours prevents ice crystals from forming.
- For a richer flavor, use a splash of espresso or coffee.