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High-Protein Chocolate Whipped Cottage Cheese Recipe

Description

Cottage cheese has gotten a makeover from when our grandparents ate it with pears or pineapple on top. (Remember that?) Because cottage cheese is relatively low in carbs, many who are on the keto diet or another low-carb eating plan are including it in their diets. But what if youâ??re not a fan of cottage cheese? Well, do we have a recipe for you!

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Ingredients

- 1/2 cup cottage cheese
- 1 â?? 2 teaspoons unsweetened cocoa powder
- 2 â?? 3 teaspoons sugar substitute (stevia, granulated monk fruit or your favorite keto sweetener)

Recipe Notes

- Use whatever sweetener you like for this high-protein recipe.
- Store the cottage cheese in an airtight container in the fridge.

Hereâ??s how to make it:

1. Put the ingredients into a blender.
 2. Blend until smooth.
- <Macro 'tip'>

Category

1. High Protein Recipes

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