



Cottage Cheese Ice Cream Recipe

Description

This viral cottage cheese ice cream needs just two ingredients to make and yields.

The most thick and creamy frozen dessert that packs in over 50 grams of protein.

Leftovers should always be kept in the freezer. Do not freeze for more than a week, and let the ice cream thaw for 5-10 minutes before scooping.

Duration:

Prep Time: 1 minute

Cook Time: 1 hour

Total Time: 1 hour

Servings: 2 servings

Calories: 217kcal

Ingredients

- 2 cups cottage cheese
- 2 tablespoons maple syrup or honey
- 1 cup frozen fruit optional * See notes

Instructions

- In a high speed blender or food processor, combine your cottage cheese and maple syrup and blend until smooth. If using frozen fruit, add that in and blend once more.

- Transfer the cottage cheese ice cream mixture into a lined pan and freeze for an hour or until frozen.
- Let the ice cream sit at room temperature for 10 minutes before scooping and serving.

Nutrition

Serving: 1serving | Calories: 217kcal | Carbohydrates: 26g | Protein: 50g | Fat: 1g | Sodium: 843mg | Potassium: 355mg | Vitamin A: 18IU | Calcium: 216mg | Iron: 0.4mg | NET CARBS: 26g

Category

1. High Protein Recipes

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Author

rauf

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