

High-Protein Chocolate Ice Cream Recipe

Description

Craving something sweet but want to stay on track with your fitness goals? This **high-protein chocolate ice cream** is the perfect solution! Packed with protein, it offers all the creamy, rich chocolate flavor of traditional ice cream while keeping you fueled and satisfied. Whether youâ??re recovering after a workout or just treating yourself, this homemade, guilt-free dessert is a great choice. Itâ??s quick to prepare, easy to make, and requires no fancy equipmentâ??just blend, freeze, and enjoy!

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Ingredients (Serves 4â??6):

- 2 cups cottage cheese (or Greek yogurt for a lighter texture)
- ¼ cup cocoa powder
- 2 scoops chocolate protein powder
- 3 tbsp honey or maple syrup (adjust to taste)
- 1 tsp vanilla extract
- ¼ cup milk of choice (almond, oat, or dairy milk) â?? adjust for consistency
- A pinch of sea salt
- ¼ cup dark chocolate chips (optional, for extra crunch)

Instructions:

1. Blend the Base:

Start by adding 2 cups of cottage cheese (or Greek yogurt) into a high-speed blender or food processor. Add the ¼ cup of cocoa powder, 2 scoops of chocolate protein powder, 3 tablespoons of honey or maple syrup, 1 teaspoon of vanilla extract, and a pinch of sea salt. Pour in ¼ cup of your preferred milk to help blend the mixture smoothly. Blend everything on high speed until the texture is completely smooth and creamy. If the mixture is too thick, you can add a little more milk until you reach your desired consistency.

2. Add Mix-ins (Optional):

For extra chocolatey goodness and a bit of crunch, stir in \hat{A} cup of dark chocolate chips. This is optional, but it definitely enhances the flavor and texture!

3. Freeze:

Transfer the blended mixture into a freezer-safe container. To prevent ice crystals from forming and to achieve that creamy texture, freeze it for 3â??4 hours, stirring every 30 minutes for the first 2 hours. This step is important for maintaining that smooth, soft ice cream consistency.

4. Serve & Enjoy:

Once itâ??s frozen and firm, let the ice cream sit at room temperature for a few minutes before scooping. Scoop it into bowls or cones and top with your favorite toppings like fresh berries, nuts, or a drizzle of nut butter.

Benefits:

This homemade ice cream is a high-protein treat that supports muscle recovery and satisfies your sweet tooth without the guilt. With ingredients like cottage cheese, protein powder, and honey, you get a boost of protein, fiber, and healthy fats in every bite. Perfect for a post-workout snack or a ermark healthy dessert!

Enjoy every creamy, indulgent bite! ��

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