

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 you're recovering after a workout or just treating yourself, this homemade, guilt-free dessert is a great choice. It's quick to prepare, easy to make, and requires no fancy equipment—just blend, freeze, and enjoy!

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Ingredients (Serves 4-6):

- **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) — 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 **¼ 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 **3-4 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 it'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 **healthy dessert**!

Enjoy every creamy, indulgent bite! ðŸ˜•ðŸ˜•ðŸ˜•

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Date Created
10/03/2025
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