

Quick chocolate ice cream

Serves 2



Ingredients (allergens in bold)

- 220g cottage cheese
- 1 banana (optional)
- 2 tablespoons cocoa powder
- 3-5 tablespoon honey
- Ice cream cone

Method

1. Place all ingredients in a blender and blend until smooth.
2. Scoop the mixture out into a loaf pan lined with parchment, then cover with a piece of parchment paper or plastic wrap to prevent freezer burns. Freeze for at least 4 hours before serving.
3. After freezing, remove from the freezer and let it sit at room temperature for 5-10 minutes. Scoop into a cone or a serving bowl and enjoy with your favorite toppings.
4. Enjoy!



Equipment

- large mixing bowl
- hand blender or blender
- tablespoon
- serving bowl
- loaf tin
- baking paper

Recipe notes and tips

- This creamy chocolate cottage cheese ice cream is the ultimate high protein treat for warm days.
- It's low carb, low calorie and doesn't taste like cottage cheese at all. The best part? It's made with just 3-4 ingredients in 2 minutes—no ice cream maker needed!
- This recipe can be made without bananas!