

RECIPE

Fruit Cottage cheese ice cream



Nutrition

Calories: 88kcal | Carbohydrates: 10g |
Protein: 10g | Fat: 1g | Fiber: 1g | Sugar: 8g

Ingredients

- 2/3 cup cottage cheese
- 2/3 cup frozen chosen fruit
- 1/2 teaspoon vanilla extract
- 2 tablespoons maple syrup, honey, agave nectar

Equipment

1. **Food Processor (or High-Speed Blender)**
2. **Ice Cream Scoop**
3. **Measuring cups**

Instructions

-Place all ingredients in a food processor (or blender) and blend until creamy. Serve right away if you like a soft serve texture or transfer to a container and freeze.

If you want to add mix-ins, transfer the pureed ice cream to a loaf pan or glass dish and stir them in before serving or chilling in the freezer.

For a firmer, scoopable texture – freeze the cottage cheese ice cream for 2-4 hours. Remove from the freezer and let it thaw for 10 minutes or so on the counter at room temperature until scoopable.