

Prep Time 5 minutes
Freeze Time 4 hours
Total Time 4 hours 5 minutes
Yield 3-4 servings
Difficulty Easy
Equipment Food processor or high-speed blender, 9×5 inch loaf pan

Table of Contents



- [Ingredients](#)
- [Instructions](#)
 - [Step 1: Blend the Base \(Intensity: Low\)](#)
 - [Step 2: Taste and Adjust \(Intensity: Low\)](#)
 - [Step 3: Add Your Mix-ins \(Intensity: Low\)](#)
 - [Step 4: Freeze \(Intensity: None\)](#)
 - [Step 5: Serve \(Intensity: Low\)](#)
- [Recipe Notes](#)
- [Nutrition Information](#)

Ingredients

- 2 cups full-fat cottage cheese (16 ounces)
- ¼ cup honey or maple syrup (adjust to taste)
- 1 teaspoon vanilla extract
- Pinch of sea salt

- Optional mix-ins: chocolate chips, fresh berries, peanut butter, crushed cookies, or caramel sauce

Instructions

Step 1: Blend the Base (Intensity: Low)

Add the cottage cheese, honey, vanilla extract, and sea salt to your food processor or high-speed blender. Blend on high for 30 seconds to 1 minute until the mixture is completely smooth and creamy. You want to eliminate any curd-like texture entirely—the goal is a silky, uniform base that mimics traditional ice cream.

Texture Tip: If your blender struggles to get things perfectly smooth, pause and scrape down the sides with a spatula, then continue blending. For the creamiest results, consider blending for an additional 30 seconds beyond when you think it's done.

Step 2: Taste and Adjust (Intensity: Low)

Give your base a taste test. If you prefer a sweeter dessert, add another tablespoon of honey or maple syrup and blend briefly to incorporate. If you're using a low-calorie sweetener like stevia or monk fruit, start with a small amount and adjust gradually.

Step 3: Add Your Mix-ins (Intensity: Low)

This is where you can get creative. Pour the blended base into your loaf pan and fold in your chosen mix-ins with a spatula. Popular options include:

- Chocolate Chip: $\frac{1}{4}$ cup mini chocolate chips
- Strawberry Swirl: $\frac{1}{2}$ cup mashed fresh strawberries

- Peanut Butter Cup: $\frac{1}{4}$ cup peanut butter + 2 tablespoons chocolate chips
- Cookies & Cream: $\frac{1}{2}$ cup crushed chocolate sandwich cookies

For a swirl effect, pour half the base into the pan, add dollops of jam or peanut butter, then top with remaining base and use a knife to create gentle swirls.

Step 4: Freeze (Intensity: None)

Cover the loaf pan tightly with plastic wrap, pressing it directly onto the surface of the ice cream to prevent ice crystals from forming. Freeze for at least 4 hours for the best consistency. The texture reaches its optimal creaminess at around the 4-hour mark.

Step 5: Serve (Intensity: Low)

When ready to serve, remove the pan from the freezer. If the ice cream has been frozen longer than 4 hours or is too firm to scoop, let it sit at room temperature for 10-15 minutes to soften slightly. Scoop and enjoy immediately.

Recipe Notes

Consistency: The texture of cottage cheese ice cream is best described as a cross between traditional ice cream and frozen yogurt—creamy but slightly lighter. It won't be quite as rich as full-fat ice cream, but it's remarkably satisfying.

Storage: Store leftovers in an airtight container in the freezer for up to 2 weeks. Always allow it to thaw for a few minutes before scooping.

Sweetener Options: For a lower-sugar version, use stevia, erythritol, or monk fruit extract instead of honey. Keep in mind that these sweeteners can have a slightly different taste profile, so adjust quantities to your preference.

Protein Boost: Add a scoop of vanilla or chocolate protein powder to the base for an extra protein kick—this works especially well if you’re making this as a post-workout treat.

Nutrition Information

Based on a recipe using 2 cups full-fat cottage cheese and ¼ cup honey, divided into 4 servings. Values are estimates and will vary based on specific ingredients and mix-ins used.

Nutrient	Amount Per Serving
Calories	225 kcal
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	19 mg
Sodium	649 mg
Total Carbohydrates	34 g
Dietary Fiber	1 g
Total Sugars	32 g
Protein	13 g