

Prep Time: 5 minutes  
Cook Time: 0 minutes  
Chill Time: 30 minutes  
Total Time: 35 minutes  
Servings: 2

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## Description

Are you craving a rich, decadent chocolate dessert but want to stick to your health goals? This High-Protein Cottage Cheese Chocolate Mousse is the answer. It is silky, smooth, intensely chocolatey, and secretly packed with protein, thanks to the magic of blended cottage cheese. Unlike traditional mousse recipes that rely on heavy cream and raw eggs, this version is light, refreshing, and guilt-free. Whether you enjoy it as a post-workout snack, a healthy dessert, or a mid-day treat, this 5-ingredient recipe will become your new favorite.

## Why You'll Love This Recipe

- **High Protein:** With over 20g of protein per serving, it doubles as a satisfying snack or a light meal.
- **No Cooking Required:** Just blend and chill. It's perfect for beginners.
- **Secretly Healthy:** It uses cottage cheese and maple syrup (or honey) instead of heavy cream and refined sugar.
- **Silky Smooth:** Blending the cottage cheese ensures there are no lumps—just a creamy, fluffy texture.

## Ingredients

- 1 cup (240g) full-fat or low-fat cottage cheese (4% or 2% milk fat recommended for creaminess)
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons maple syrup (or honey, to taste)
- 1 teaspoon pure vanilla extract
- 1/4 cup (60ml) unsweetened almond milk (or milk of choice)

- A pinch of sea salt
- Optional Toppings: Fresh raspberries, dark chocolate shavings, or a dollop of Greek yogurt.

## Equipment

- High-speed blender or food processor
- Small serving bowls or glasses
- Spatula

## Instructions

### Step 1: Blend the Base (Intensity: Low)

Add the cottage cheese, almond milk, maple syrup, and vanilla extract to your blender. Secure the lid and blend on low speed for about 20 seconds. This initial blend breaks down the curds.

### Step 2: Add Flavorings (Intensity: Low-Medium)

Add the cocoa powder and a pinch of sea salt to the blender. Increase the speed to medium and blend for 30 seconds. Scrape down the sides with a spatula to ensure all the cocoa powder is incorporated.

### **Step 3: Achieve the Perfect Texture (Intensity: High)**

Switch the blender to high speed and blend for 1 to 2 minutes. The goal is a completely smooth, airy texture with no visible lumps. If the mixture is too thick, add a splash more milk (one tablespoon at a time) until it flows easily.

### **Step 4: Taste and Adjust (Intensity: None)**

Taste the mousse. If you prefer it sweeter, add a little more maple syrup and blend for 5 seconds. If it needs a deeper chocolate flavor, add a teaspoon of cocoa powder.

### **Step 5: Chill and Serve (Intensity: None)**

Spoon the mousse into two serving glasses. Cover with plastic wrap and refrigerate for at least 30 minutes. This allows the mousse to firm up and the flavors to meld. When ready to serve, top with fresh raspberries and dark chocolate shavings.

## **Expert Tips**

- **Don't Skip the Blend Time:** The key to this recipe is a perfectly smooth texture. If your blender is weak, blend longer or use a food processor.
- **Cottage Cheese Choice:** Full-fat cottage cheese (4%) yields the creamiest result, but 2% works well too. Avoid fat-free cottage cheese, as it can be watery and gritty.
- **Serve Chilled:** This mousse is best served cold. If you are in a rush, place it in the freezer for 10 minutes instead of the fridge.

## Nutritional Information (Per Serving)

*Note: Nutritional values are estimates and will vary based on specific ingredients used.*

- Calories: 180
- Protein: 22g
- Carbohydrates: 16g
- Fat: 5g
- Fiber: 3g
- Sugar: 12g