AMERICAN · DESSERT · SNACK

High-Protein Cottage Cheese Chocolate Mousse

70 min · Serves 2 · 239 kcal a serve · Video 9:45 · Clean & Delicious

Vegetarian · Gluten-free ingredients · Nut-free

A chocolate dessert with about 16 g protein per pot, mostly from the cottage cheese. Made with no-added-sugar chocolate chips, as the cook does, it has under 10 g sugar a pot.

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Ingredients 5 · SERVES 2

- [ ] 9 oz (1 cup + 2 tbsp) **cottage cheese**, full-fat (as in the video) or low-fat
- [ ] 1½ tbsp (7.5 g) **cocoa powder**
- [ ] 1 tsp **vanilla extract**
- [ ] 2 tbsp (1 oz) **chocolate chips**, preferably no-added-sugar
- [ ] a few **cacao nibs**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the cottage cheese, cocoa powder and vanilla in a food processor or high-speed blender. 1:16
2. Melt the chocolate chips in the microwave in 20–30 second bursts, taking them out while a few shapes still show, then stir until smooth. 2:10
3. Add the melted chocolate and blend, scraping down the sides, until completely silky with no white flecks. 2:49
4. Spoon into two small (4 oz) jars, tap out any air pockets and chill for at least 1 hour (or make it the day before) so it sets into a thick mousse. Top with a few cacao nibs. 5:28

> **Tip** Time includes 1 hour chilling; eat it straight away for a softer pudding. Low-fat cottage cheese gives a lighter, pudding-like mousse. For a sweeter mousse, 1–2 tbsp maple syrup adds ¼–½ oz sugar a pot.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
239 kcal	16 g	14 g	3.2 g	13 g	400 mg
1,000 kJ	32% of a day	11 g net · 7.3 g sugars	11% of a day	6.7 g saturated	17% of a day
		5% of a day		17% of a day	

Energy from net carbs 20% · protein 28% · fat 52% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 25% · Vitamin B12 24%

Source of (10–19%) Magnesium 17% · Iron 15% · Zinc 13%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=SkSov0q5NgQ, published 21 November 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cd-cottage-cheese-chocolate-mousse