AMERICAN · DESSERT · SNACK

Sugar-Free Chocolate Cottage Cheese Ice Cream

10 min · plus about 2 hours freezing · Makes 4 × 1 scoop (½ cup) · 125 kcal a portion

Video 19:50 · Highfalutin' Low Carb

Vegetarian · Gluten-free ingredients · Nut-free

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Blended cottage cheese sweetened with allulose: about 14 g protein and 5 g net carbs a scoop, with no added sugar.

Diet notes: Low carb (5.2 g net carbs) but not keto: 40% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

4 · MAKES 4 × 1 SCOOP (½ CUP)

- [ ] 454 g full-fat (4%) small-curd cottage cheese
- [ ] ½ tsp **vanilla extract**
- [ ] 65 g (just under 6 tbsp) **allulose**
- [ ] 21 g **unsweetened cocoa powder**

Amounts in metric 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. Tip the full-fat cottage cheese into a food processor (a blender or stick blender also works). Keep the tub to freeze the ice cream in. 2:28
2. Add the vanilla, which softens the salty tang of the cottage cheese. 3:05
3. Add the allulose and the cocoa powder. 3:19
4. Pulse a few times, then run for about 1½ minutes. Scrape down the sides and blend a few seconds more until completely smooth. 4:05
5. Spoon it back into the tub (or a loaf pan for a double batch) and freeze for about 2 hours, stirring every 30 minutes for a smoother texture. 5:14
6. Scoop and serve. If it has frozen hard (after several hours or overnight), leave it on the counter for about 10 minutes first. 13:00

> **Tip** Servings are our estimate (the 450 g tub makes about 470 ml). Pick the lowest-carb full-fat cottage cheese you can find; erythritol or stevia also work.

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

One portion, 1 scoop (½ cup), gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
125 kcal	14 g	7 g	1.7 g	5.6 g	360 mg
520 kJ	27% of a day	5.2 g net · 3.2 g sugars	6% of a day	2.4 g saturated	16% of a day
		3% of a day		7% of a day	

Energy from net carbs 16% · protein 44% · fat 40% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 21% · Vitamin B12 20%

Recipe and video: Highfalutin' Low Carb (@HighfalutinLowCarb) on YouTube — youtube.com/watch?v=2bixEVRPRno, published 1 June 2023. 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/chocolate-cottage-cheese-ice-cream-allulose