Description:

Indulge in a smooth, velvety frozen treat without straying from your nutritional goals with this delicious Homemade Ice Cream. Crafted with simple, nutrient-dense ingredients, it delivers the rich flavor and ultra-creamy texture of traditional ice cream while maintaining a low-carb profile. Loaded with high protein goodness, this dessert allows you to satisfy sweet cravings while keeping your macro goals completely intact.

Can This Homemade Ice Cream Support Weight Loss Goals?

Yes, this homemade ice cream can support weight loss goals by replacing high-sugar, high-calorie frozen treats with a protein-rich, low-calorie alternative. Protein promotes strong satiety signals in the body, helping you feel full for longer periods and preventing late-night snacking. By using low-glycemic sweeteners and high-protein dairy, you enjoy a satisfying frozen dessert while keeping overall daily caloric intake in check.

Does Homemade Ice Cream Fit a High Protein Lifestyle?

This recipe fits effortlessly into a high protein lifestyle by relying on strained Greek yogurt, cottage cheese, and quality vanilla protein powder as its main base. With only a few net carbs per serving, it allows you to hit daily protein targets without adding unneeded sugars or heavy carbohydrates. The inclusion of healthy fats maintains a decadent, scoopable creaminess while optimizing macro suitability for active individuals. It serves as an ideal solution for enjoying a dessert that actively supports muscle recovery and daily nutrition targets.

My Personal Experience

- Cures Late-Night Sweet Teeth Effortlessly

  Having a pre-portioned container of this frozen treat ready in the freezer stops me from reaching for sugary, store-bought ice cream pints.

- Keeps Texture Creamy Without An Ice Cream Maker

  Blending cottage cheese and Greek yogurt produces an unexpectedly smooth, velvety

scoop that never turns icy or hard.

Refreshing

Perfect For:

- High protein desserts after dinner
- Low-carb snack options on warm afternoons
- Post-workout protein treats
- Keto diet plans when using full-fat dairy options

Why You’ll Love This Recipe:

- Rich and Creamy Consistency

  High-protein dairy combined with healthy fats yields a traditional soft-serve texture without heavy cream.

- Quick Blender Preparation

  Requires zero tedious cooking or specialized churning machines, coming together in under five minutes before freezing.

- Customizable Flavor Profile

  Serves as a perfect neutral base that pairs effortlessly with berries, nut butters, or dark chocolate bits.

Common Mistakes to Avoid:

1. Skipping the High-Speed Blender: Simply stirring ingredients together leaves grainy cottage cheese curd bits rather than a velvety base.

2. Over-Freezing Without Stirring: Leaving the ice cream in the freezer for hours without an occasional stir during the first hour can lead to ice crystal formation.

3. Using Liquid Sweeteners Excessively: Adding too much liquid maple syrup or honey increases water content, making the final frozen texture icy.

4. Scooping Directly from the Deep Freeze: Attempting to scoop right out of a cold freezer results in crumbling; always let it rest on the counter for 5–10 minutes first.

Required Equipment:

- High-Speed Blender or Food Processor — Blends cottage cheese and yogurt into a perfectly silky, lump-free base.

- Silicone Spatula — Scrapes down container walls to ensure all high-protein ingredients are fully incorporated.

- Freezer-Safe Container (Loaf Pan or Tupperware) — Promotes even freezing and protects the ice cream from freezer burn.

Storage Instructions:

Store leftover ice cream in a tightly sealed, freezer-safe container for up to 2 weeks in the freezer. Press a piece of parchment paper directly onto the surface before securing the lid to prevent ice crystals from forming. When ready to eat, let the container sit at room temperature for 5 to 10 minutes to soften into a high protein-friendly, scoopable texture.

Recipe Details

- Preparation Time: 5 minutes

- Cooking Time: 0 minutes
- Total Time: 5 minutes (plus 2 hours freeze time)
- Servings: 4 servings
- Best Season for This Recipe: Summer (enjoyable all-season as a daily protein dessert)
- Total Calories (Per Serving): ~165 calories (approximate estimate)

A rich, guilt-free frozen dessert packed with vanilla protein and creamy whole-food dairy. Designed to curb sugar cravings while boosting your daily protein count effortlessly. Perfect for summer afternoons, post-workout snacks, or low-carb evening treats.

 Ingredients:

- 1 cup low-fat cottage cheese (or full-fat for keto diets)
- 1/2 cup unsweetened plain Greek yogurt
- 1 scoop vanilla whey or plant-based protein powder (approx. 25g protein)
- 2 tbsp unsweetened almond milk (*Note: use just enough to assist blender blades*)
- 2 tbsp zero-calorie granular sweetener (such as monk fruit or erythritol)
- 1 tsp pure vanilla extract
- 1 pinch sea salt

Directions:

1. Combine Base Ingredients: Pour 1 cup cottage cheese, 1/2 cup Greek yogurt, and 2 tbsp almond milk into a high-speed blender container.

2. Add Dry Sweeteners & Powders: Add 1 scoop vanilla protein powder, 2 tbsp zero-calorie sweetener, 1 tsp vanilla extract, and a pinch of sea salt.

3. Blend Until Smooth: Blend on high speed for 60–90 seconds until the mixture reaches a completely smooth, glossy texture with no visible curds.

4. Transfer to Container: Pour the creamy mixture into a freezer-safe loaf pan or shallow glass container using a silicone spatula.

5. Freeze to Set: Place in the freezer for 1.5 to 2 hours, stirring once at the 45-minute mark to prevent ice crystal formation.

6. Scoop & Serve: Remove from the freezer, let sit at room temperature for 5 minutes until scoopable, and serve immediately in cold bowls.

Nutrition Facts (Per Serving – Approximate):

- Calories: 165 kcal
- Fats: 3.5 g
- Cholesterol: 20 mg
- Sodium: 240 mg
- Potassium: 190 mg
- Total Carbohydrates: 5 g
- Fiber: 0.5 g
- Net Carbs: 4.5 g
- Sugars: 3 g

- Protein: 26 g
- Calcium: 140 mg

Notes:

- Storage Tips: Store in an airtight container with parchment paper pressed on top for up to 2 weeks in the freezer.
- Reheating/Softening Instructions: Do not microwave; allow to thaw on the kitchen counter for 5 to 10 minutes before scooping.
- Allergy Notes: For a dairy-free version, substitute cottage cheese and Greek yogurt with dairy-free almond or coconut alternatives and use plant protein.
- Flavor Boosts: Fold in 1 tablespoon of sugar-free dark chocolate chips or a swirl of natural peanut butter right before freezing.