

Chocolate (Cottage Cheese) Ice Cream with Brownie Crumble

Ingredients

Brownies:
1/2 cup almond flour
1/2 cup cocoa powder
2 tablespoons instant chocolate pudding mix
1/4 to 1/3 cup maple syrup
2 tablespoons peanut or almond butter
1/8 teaspoon sea salt

Ice Cream:
16 ounces cottage cheese (I used the low-fat version)
3 tablespoons honey
1/3 cup pure maple syrup
1/4 cup cocoa powder
2 tablespoons instant chocolate pudding mix
1 teaspoon vanilla extract
Pinch of salt

Instructions

Brownies:
In a medium-sized bowl, mix all the ingredients (starting with just 1/4 cup maple syrup) until it easily clumps together. If it appears too dry, add additional maple syrup, 2 teaspoons at a time, stirring well after each addition. Using clean hands, press the mixture into clumps. Cover with plastic wrap and set aside.

Ice Cream:
Mix all the ice cream ingredients in a blender until smooth and creamy, scraping down the sides of the blender as needed. The mixture will be very thick starting out. Alternatively, you can use a handheld stick blender.

Refrigerate the mixture for at least two hours until well chilled.

Add the cold mixture to an ice cream maker and process according to the manufacturer's directions. Once it reaches soft-serve consistency, transfer to a freezer-safe container. Gently fold in 3/4 of the brownie mixture, reserving the remaining mixture. Seal the container and freeze for 4 hours, or until desired consistency is reached. Crumble remaining brownie mixture over each bowl of ice cream right before serving.

If you don't have an ice cream maker, you can, alternately add the ice cream mixture to a freezer-safe container. Gently fold 3/4 of the brownie mixture into the ice cream. Cover and freeze for at least 6 hours or overnight.

*Adapted from the *Cottage Cheese Dessert Cookbook* by Kenzie Akers