



## Berry Cool Cottage Cheese Ice Cream Magic

By Erin Fletter

**Prep Time** 10 / **Cook Time** / **Serves** 2 - 4

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**freeze:** to lower the temperature of a liquid or solid food below its freezing point to change its properties or to preserve it.

### Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Spatula or large spoon
- ☐ 8x8-inch pan
- ☐ Plastic wrap
- ☐ Ice cream scoop
- ☐ Small bowls for serving

### Ingredients

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- ☐ 2 C cottage cheese **\*\* (for DAIRY ALLERGY sub silken tofu) \*\***
- ☐ 2 T honey/sugar/maple syrup (or 1/2 tsp stevia)

☐ 1/2 tsp vanilla extract or lemon juice, optional **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

☐ 1 C frozen berries (pick your favorite or a blend)

## Food Allergen Substitutions

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**Dairy:** Substitute silken tofu for cottage cheese.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

Berry Cool Cottage Cheese Ice Cream Magic

measure + blend

Measure and add **2 cups cottage cheese, 2 tablespoons honey**, and **1/2 teaspoon vanilla extract or lemon juice** (optional) to a blender (or pitcher for use with an immersion blender). Blend until smooth.

add + blend

Add **1 cup frozen berries** to the mixture and blend again. It's okay if a few berry bits remain!

line + transfer + freeze

Line an 8x8 inch pan with plastic wrap and transfer your blended cottage cheese mixture to the pan. Lay plastic wrap on top of the mixture and put in the freezer for at least one hour.

serve

Remove the pan from the freezer and let it sit at room temperature for a few minutes until you can scoop out the "ice cream" to serve.

## Featured Ingredient: Cottage Cheese!

Hi! I'm Cottage Cheese!

"I can be a low-fat, protein-filled meal on my own, or you can add me to granola, fruit, smoothies, and baked goods!"

Cottage cheese is made from curdled skim milk, and its texture is known for its small curds. It has a mild, slightly sour taste and a creamy, somewhat soupy consistency.

Early curd cheeses made with milk and salt in Mesopotamia in 3,000 BCE were similar to today's cottage

cheese.

Cottage cheese is thought to be the first cheese made in America by immigrants from Europe who had separated curds and whey when making farmer cheese. The name "cottage cheese" started being used in the 1800s.

To make cottage cheese, an acid is introduced to the milk to separate the solids from the whey (the watery part). The acid can be vinegar or lactic acid from a bacteria culture. This process develops the curd, which is cut, cooked, and pressed to release more whey. The resulting curds are then rinsed and salted.

Farmer or baker's cheese is a type of cottage cheese, but it is drier and firmer because more of the liquid has been pressed out. It is used in baking and cooking and can be sliced or crumbled.

Because the curds are made with skim milk, cottage cheese begins as a non-fat product. However, a light cream dressing is often added, resulting in a higher fat content, depending on the percentage of milk fat in the dressing. If it contains 4 percent fat, it is like whole milk; if it has 2 percent milkfat, it is considered low-fat cottage cheese.

Cottage cheese can be eaten alone or with added spices or fruit, like apples, peaches, pears, and pineapple. It can be part of a salad or dip. It can replace ricotta cheese in lasagna or cream cheese in cheesecake or jello salad.

Cottage cheese is high in protein and calcium and low in sugar. Its casein (KAY-seen) protein is a complete protein. It may contain probiotics, good bacteria that can improve digestion. Non-fat and low-fat versions can be part of a healthy, low-fat diet!