

# COTTAGE CHEESE ICE CREAM!

*Serving size: 3-4 people*

## INGREDIENTS

- 1 container of 1% milkfat cottage cheese (16 oz)
- 1/3 cup organic maple syrup (or raw honey), or less depending on your taste preference
- ½ - 1 cup fresh blueberries
- Graham crackers of choice (optional)

## INSTRUCTIONS

1. In a food processor or high-speed blender, combine your cottage cheese, maple syrup and blueberries until smooth.
2. Transfer to an airtight container and sprinkle crushed graham crackers on top.
3. Put the container in the freezer and remove every hour to stir.
4. Depending on how thick you like your ice cream, it should be ready in 3-4 hrs.



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