

## NUTELLA PROTEIN DESSERT

2 cups Cottage cheese 2%  
5-6 tbsp Unsweetened cacao powder  
1/2 cups Powdered monk fruit  
2 tbsp Dark chocolate chips



Add cottage cheese, cacao and powdered sweetener to a food processor.  
Blend until completely smooth. Scrape down the sides and blend again until creamy.  
Melt chocolate in the microwave in 15 second bursts, stirring between and put in food processor and blend again until creamy  
Transfer to a container and refrigerate for 1–2 hours to thicken.  
Spoon dessert into bowls and enjoy!

Calories and macros Per serve

Calories: 190 kcal P 23g C 10g F 6g

Full batch (makes 3) Calories: 575 kcal Protein 70g

[https://www.instagram.com/p/DT1X\\_IPDzer/](https://www.instagram.com/p/DT1X_IPDzer/)

