Chocolate Cherry Cottage Cheese Pots

4 chilled pots, about 250 g each | Active 15 min | Cook 0 min | Total 45 min

Ingredients

- 2 cups low-fat cottage cheese, 2% milk fat (450 g)
- 1/4 cup 2% milk (60 ml/60 g)
- 1/4 cup unsweetened cocoa powder (20 g)
- 2 tablespoons pure maple syrup (40 g), divided
- 1 teaspoon vanilla extract (5 ml/5 g)
- A small pinch fine salt (0.4 g)
- About 2 cups fresh cherries, pitted, then weighed (320 g)

Set out

Compact food processor or immersion blender with tall jug, Kitchen scale, Cherry pitter or small knife, Four lidded 10 fl oz/300 ml containers, Rubber spatula

Allergens

Milk. Check labels and substitutions.

Make it

1. Rinse the cherries, remove every stone and weigh 320 g of edible fruit. Halve 8 cherries for the tops and roughly chop the rest. Toss all the fruit with 1 teaspoon/7 g of the maple syrup.

2. Put milk, cottage cheese, cocoa, the remaining 33 g maple syrup, vanilla and salt in a compact processor or tall blending jug. Blend for 1–2 minutes, stopping to scrape down, until no curds remain.

3. Divide half the chocolate cream among the four containers. Divide the chopped cherries and their juices over it, then add the remaining cream. Finish with the reserved cherry halves, dividing the fruit equally.

4. Cover and refrigerate for at least 30 minutes before serving. Each serving is one whole pot.

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Estimated nutrition per serving

Calories: 190 kcal | Protein: 14.1 g | Carbohydrate: 28.6 g | Fat: 3.7 g | Fiber: 3.5 g. One of 4 servings. Batch yield: 4 chilled pots, about 250 g each. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Prepare a definite smaller meal

Label the four pots before putting them away. Having a separate portion ready can be useful when a workout and dinner are far apart; choose the amount and timing that suit your own appetite, without treating this recipe as a prescribed training snack.

A useful detail

The cherry weight excludes stones and stems. Use plain cottage cheese with 2% milk fat for the stated base recipe and nutrition estimate.

Another way

Replace the 320 g cherries with the same edible weight of hulled ripe strawberries, chopped into small pieces.

For a mocha version, blend 1 teaspoon/2 g instant coffee into the milk before adding the other cream ingredients. This changes the flavor and introduces caffeine.

Keep it well

Keep covered at 40°F/4°C or below and use within 2 days. For a trip to the gym or work, use an insulated bag with two cold sources and refrigerate on arrival. Freezing changes the dairy texture and is not recommended.