

RECIPE



This High-Protein Chocolate Cottage Cake Ramekin is a rich, satisfying, and nourishing dessert that feels indulgent while supporting a balanced lifestyle. Made with A2 low-fat cottage cheese, eggs, egg white, sprouted barley chocolate protein powder, cocoa, and monk fruit, it delivers a creamy chocolate cake texture with a protein-focused nutritional profile.

High-Protein Chocolate Cottage Cake Ramekin

Ingredients for 1 large or 2 medium Ramekins

- ½ cup A2 low-fat cottage cheese
- 1 egg
- 1 egg white
- ¾ cup sprouted barley chocolate protein powder (or a vegan protein of your choice)
- 1 tsp. monk fruit sweetener
- 2 Tbsp. cocoa powder
- ½ tsp. baking powder
- Chocolate chips, for decoration

Instructions

1. Preheat the oven or airfryer to **350°F**.
2. In a blender, add the cottage cheese, egg, egg white, and monk fruit sweetener. Blend until very creamy and smooth.
3. Add the chocolate protein powder, cocoa powder, and baking powder. Blend again just until combined. Do not over blend.
4. Pour the batter into prepared **ramekin**.
5. Sprinkle chocolate chips on top for decoration.
6. Bake for about **20 minutes**, or until an inserted toothpick comes out clean.
7. Let it cool slightly and enjoy warm or cold.

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4usofficial
Site chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880

RECIPE



Health Benefits of This Recipe:

- High in protein to support muscle maintenance, recovery, and satiety.
- Helps control cravings because the combination of protein, healthy fats, and chocolate flavor makes it very satisfying.
- Lower in sugar because it uses monk fruit instead of refined sugar.
- Supports blood sugar balance compared to traditional chocolate cakes, especially because it is protein-rich and low in added sugar.
- Provides calcium from A2 low-fat cottage cheese, supporting bone and muscle health.
- Contains antioxidants from cocoa powder, which may support heart health and help fight oxidative stress.
- Good as a meal replacement – like dinner, or single-serving option to enjoy as a dessert with portion control.
- Gluten-free friendly, depending on the protein powder used

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4usofficial
Site chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880