

BRIGADEIROS



INGREDIENTS:

- 2 scoops Birthday Bliss Glam Pro
- 1 12 oz can of evaporated milk
- 2 tbsp reduced fat butter
- 1 tbsp 100% Hershey's special dark cacao powder
- 2 tbsp coconut flour
- chocolate sprinkles

DIRECTIONS:

1. In a small sauce pan add evaporated milk, Glam Pro, butter, and cocoa powder. Turn stove to medium heat, cook while mixing for ~ 15-20 minutes. Don't allow mixture to boil
 2. Once the mixture thickens to a pudding like consistency remove from heat, transfer to a bowl, and place in the refrigerator to cool for ~25 minutes or until cool enough to handle
 3. Mix in the coconut flour, the mixture will be thicker but still on the sticky side
 4. Roll into 12 1 oz bites and roll over sprinkles to coat the outside
 5. Refrigerate and serve cold
- Enjoy!

Makes 12 serving | 1 Serving = 1 Brigadeiro
Calories: 95 | Protein: 5 g | Carb: 8 g | Fat: 5 g | Fiber: 1 g