



Brigadeiros Recipe

Makes 16 to 22

1 - 14 oz. can of sweetened condensed milk
4 TBS dark chocolate cocoa (unsweetened)
1 TBS unsalted butter + more for your hands
1/2 cup chopped walnuts (optional)
Sprinkles of your choice or dried coconut flakes

Place all the ingredients in a heavy pan and mix well. Working on the lowest heat on your stove, mix vigorously until you have no cocoa lumps. Continue mixing, constantly, until the chocolate thickens and separates from the sides of the pot. This will take about 10 minutes. Once you can get all the mixture to stay in a soft ball in the middle of your pot, without expanding, your brigadeiros are done. If you are using walnuts add them now and mix them in well. Turn off the heat and let the chocolate cool down until you can touch it without getting burned (a few minutes).

While the chocolate is cooling down spread the sprinkles you will be using on to a large plate. Wash your hands and rub them with some unsalted butter. This will make sure the chocolate does not stick to your hands. Scoop out a little chocolate from the pot with a spoon and place it in your palm. Make a ball. You can make these as large or small as you like.

Roll the ball into the sprinkles and cover them completely. You can serve them in little paper cups or just as is. Keep these refrigerated in a sealed container for 4 to 5 days. These are a great gift from your kitchen.

1 Brigadeiro of 22 with chocolate sprinkles - CALORIES 81.20; FAT 3.03 grs (sat 2.00; mono 0.70; poly 0.08); PROTEIN 1.85 grs ; FIBER 0.18 grs; CARBS 12.29 grs; CHOLESTEROL 7.86 mg; IRON 0.54 mg; SODIUM 452.66 mg; CALCIUM 54.41 mg