



Banana Brigadeiro

Recipe by Milena Pointer



Ingredients



- 2 bananas, peeled
- 2 Tbsp of cocoa powder
- 1 tsp honey
- 2 Tbsp of coconut flour
- Chocolate sprinkles

Yield: 6 ping-pong sized balls
Serving Size: 1 brigadeiro



Directions



1. Put bananas in the microwave for 3 minutes.
2. Mash the bananas.
3. Mix cocoa powder and honey with bananas.
4. Add cocounut flour and mix well.
5. Let it rest in the fridge for 20 minutes.
6. Scoop out one tablespoon of the dough and make it into a ball.
7. Roll it into chocolate sprinkles.
8. Place each ball into a mini paper cup.

Estimated Price:

Yield (6 brigadeiros):
\$0.87

Serving Size (1 brigadei-

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Banana Brigadeiro

Recipe by Milena Pointer



Ingredients



- 2 bananas, peeled
- 2 Tbsp of cocoa powder
- 1 tsp honey
- 2 Tbsp of coconut flour
- Chocolate sprinkles

Yield: 6 ping-pong sized balls
Serving Size: 1 brigadeiro



Directions



1. Put bananas in the microwave for 3 minutes.
2. Mash the bananas.
3. Mix cocoa powder and honey with bananas.
4. Add cocounut flour and mix well.
5. Let it rest in the fridge for 20 minutes.
6. Scoop out one tablespoon of the dough and make it into a ball.
7. Roll it into chocolate sprinkles.
8. Place each ball into a mini paper cup.

Estimated Price:

Yield (6 brigadeiros):
\$0.87

Serving Size (1 brigadei-

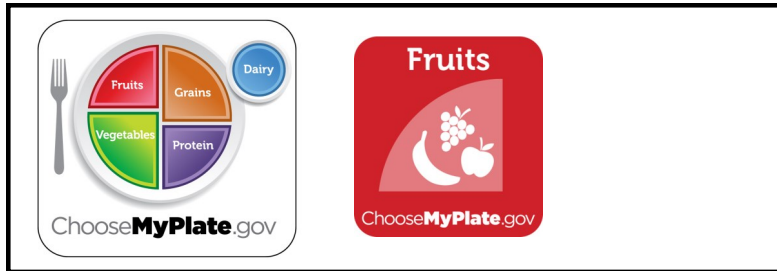
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips

- May substitute dry milk for coconut flour. Use 4 Tbsp of dry milk for this recipe.

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 brigadeiro
Amount Per Serving	
Calories	50
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.08mg	6%
Potassium 188mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips

- May substitute dry milk for coconut flour. Use 4 Tbsp of dry milk for this recipe.

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 brigadeiro
Amount Per Serving	
Calories	50
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.08mg	6%
Potassium 188mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Second Harvest is an equal opportunity provider.