



Vegan Rolos Recipe

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Ingredients

For the Caramel Filling:

- 1 cup pitted soft Medjool dates (packed)
- 2 tbsp peanut butter, almond butter, or tahini (optional, for creaminess)
- 2 tbsp maple syrup (or agave)
- 1 tsp vanilla extract
- Pinch of sea salt
- 2–3 tbsp non-dairy milk (as needed for blending)

For the Chocolate Coating:

- 1 ½ cups dairy-free chocolate chips (semi-sweet or dark)
 - 1–2 tbsp coconut oil (for shine + smoother coating)
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Instructions

1. Make the Caramel

1. Soak dates in hot water for 10 minutes if not very soft, then drain.
2. Blend dates, nut butter (if using), maple syrup, vanilla, salt, and non-dairy milk until smooth and creamy.
3. Chill mixture in the fridge for 20–30 minutes so it firms up.

2. Shape the Centers

1. Line a tray with parchment paper.
2. Scoop small spoonfuls of caramel and roll into little balls (or flatten slightly for the Rolo “shape”).
3. Freeze for 20–30 minutes so they hold together.

3. Coat in Chocolate

1. Melt chocolate chips + coconut oil in a double boiler or microwave (30-second bursts, stirring).
2. Dip each caramel piece into the melted chocolate, coating fully.

3. Place on parchment and refrigerate until set.

Tips & Variations

💎 For a **classic Rolo look**, you can use silicone molds — add chocolate, chill, then spoon in caramel, and seal with more chocolate.

🍪 Sprinkle a little flaky sea salt on top before the chocolate sets for salted caramel Rolos.

🥥 Swap nut butter for coconut cream in the caramel if you want a silkier texture.