

# Homemade “Rolo” Knock-offs

Yield: 18 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/knack-recipes>

## Ingredients:

- 200 grams medjool dates pitted soft, about 11 large
- 1/2 tablespoon peanut butter or other nut or seed butter
- 1 pinch fine grain sea salt
- 1/2 cup dark chocolate chips
- 1 teaspoon coconut oil
- chia seeds optional

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 11 grams
3. Fat: 2.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 20 milligrams
8. Sugar: 10 grams

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