



Chocolate-Caramel Dip

Prep: 5 minutes

Cook: 5 minutes • Serves: 4

- 62 ROLO® Creamy Caramels in Chocolate Candy, wrappers removed
- 2 tablespoons whole milk

Heat candy and 2 tablespoons milk in top of double boiler over hot water 5 minutes or until melted, stirring occasionally. Slowly add additional milk if dip is too thick.

*Approximate nutritional values per serving:
218 Calories, 10g Fat (7g Saturated), 6mg Cholesterol, 88mg Sodium,
31g Carbohydrates, 0g Fiber, 29g Sugars, 3g Protein*

Dietitian's Dish

- > Skip the oversized caramel or red candy-coated apples! Instead, serve apple slices with a variety of dips and toppings – from kid-friendly candies to better-for-you toppings like this caramel dip, chopped nuts and folate-rich cereals. The apples provide fiber, pectin, quercetin and other health-protective nutrients.