



**Nova Scotia
Apples**
Pick An Original



Annapolis Valley Baked Apples

- 4 medium - large Nova Scotia Apples - Gravenstein, Idared, Cortland, Jonagold
- 2 tbsp brown sugar
- 1/3 cup dried or fresh Nova Scotia cranberries
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 tsp grated orange rind
- 1/3 cup apple juice or water

Garnish

- 3/4 cup low-fat or fat free yogurt
- 1/4 cup Nova Scotia maple syrup
- orange rind curls

Preheat oven to 350 F. Wash and core apples and peel a narrow strip of skin horizontally around the top of each apple. Place apples in a 2-quart casserole. Combine sugar, cranberries, spices and grated orange rind. Spoon mixture into the core cavity of each apple. Pour apple juice or water into the bottom of the baking dish. Bake uncovered until tender (about 30 - 35 minutes for Gravenstein and Cortland, or 40 - 45 minutes for Jonagold and Idared) basting occasionally with the cooking liquid. These apples could also be cooked in the microwave.

In a small bowl combine yogurt and maple syrup. Serve warm apples topped with maple-yogurt and orange rind curls.

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