



**Nova Scotia
Apples**
Pick An Original



Maple Nut Baked Apple

- 1 large Nova Scotia Apple such as Idared, Cortland, Jonagold
- 1 tbsp maple syrup
- 1 tbsp chopped dates (optional)
- 1 tsp chopped nuts
- 1 tsp butter
- 1/4 tsp cinnamon
- 1/4 tsp orange rind

Wash and core apple. You may want to peel a narrow strip of skin horizontally around the middle of the apple. Place apple in microwave safe baking dish. Combine remaining ingredients and spoon into cored apple. Microwave on High setting, covered, for 5 - 7 minutes. Makes 1 serving.

If you are making more than one you may wish to bake these in a 350 F conventional oven for 45 to 60 minutes.

Variation: Dried cranberries may be used in place of chopped dates.

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