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**Inspired Ways
to Enjoy**
#ONappleAday

Ontario Apple Growers

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Ontario Apple Growers wish to thank each of the amazing recipe authors for their delicious creations and for giving permission to use their recipes and images within this book for the purposes of promoting Ontario apples.

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Book and Cover Design by Food Bloggers of Canada and Liam Axe
Edited by Marlene Cornelis

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Contributing Bloggers



**Charmian
Christie**

themessybaker.com

Charmian Christie, aka The Messy Baker, is an award-winning cookbook author, culinary instructor and columnist. Her cookbook, *The Messy Baker: More than 75 Delicious Recipes from a Real Kitchen* (Harper-Collins ©2014), was named a top cookbook of the year by Toronto Star, Canadian Living and Calgary Herald. She lives in Guelph with her husband, two cats, unruly garden and more rolling pins than she cares to admit.



**Melanie
Cote**

theinspiredhome.com

Melanie from The Inspired Home writes about food, parenting, neat stuff and the unexpected beauty in life, all while juggling work, family life and spreading awareness and raising funds for Williams Syndrome.



**Lily
Ernst**

littlesweetbaker.com

Lily lives in a small town with her charismatic husband and two rambunctious little boys. She enjoys sharing the love of food with friends and family. Her blog Little Sweet Baker is filled with wholesome and tasty recipes designed to make everyday life easier and sweeter.



**Kacey
Joannette**

thecookiewriter.com

Kacey Joannette is the author, photographer and recipe developer behind The Cookie Writer. While she lives a vegetarian lifestyle, her family chooses to eat everything and anything, allowing her to create a wide variety of recipes. She's happy to be in the kitchen 24/7, but in her spare time you can find her reading, playing video games or eating (probably the latter!).



**Philip Lago &
Mystique Mattai**

chefsouschef.com

Chef Sous Chef is a Canadian food blog based in Toronto, inspired by the daily dishes of recently married couple, Philip & Mystique (Chef, and Sous Chef). The intention of Chef Sous Chef is to share real food; unprocessed, pronounceable, good for you kind of food. The couple believe that when real ingredients are the only items on your grocery list there are no rules to eating. Real food; no rules.

Contributing Bloggers



**Lisa
Le**

thevietvegan.com

The Viet Vegan is a personal food blog by Lisa Le, a child of first-generation Vietnamese boat refugees, who grew up in Southern Ontario. Currently living just outside of Toronto, Lisa shares veganized comfort food recipes, personal essays, and self-reflections about veganism, nerd culture, feminism, and more.



**Jennifer
Maloney**

seasonsandsuppers.ca

Jennifer is a wife and mother of two grown children. She lives in the beautiful Muskoka region of central Ontario, on a rural property just outside Bracebridge. An enthusiastic home cook, Jennifer started her blog Seasons and Suppers to document and share what's cooking in her kitchen.



**Tiffany
Mayer**

eatingniagara.com

Tiffany Mayer finds her food inspiration in Ontario's Niagara region. She blogs about it at eatingniagara.com.



**Sam
Turnbull**

itdoesnttastelikechicken.com

Sam went from carnivore to vegan overnight. Growing up in a family of chefs, foodies, butchers, and hunters (yep, it's true), Sam was determined to prove that vegan cooking didn't have to be all sprouts, kale and quinoa, and so her blog It Doesn't Taste Like Chicken was born. There she shares comforting, satisfying, and totally non-scary recipes for vegans, vegetarians, veg-curious and even carnivores everywhere. Sam won the #LoveLentils competition and had the pleasure of filming a cooking show with Chef Michael Smith and she is also working on her first cookbook, which will be published by Appetite by Random House in October 2017.



**Kristen
Vander Hoeven**

spooningnforcking.com

For Kristen Vander Hoeven of the blog Spooning & Forking, being healthy-ish is where she finds balance. The modelling industry can be tough, and after many years she discovered that this lifestyle vs. trying to stay thin would bring her far more success. Cooking is more than eating to Kristen ... it's a creative outlet and her true passion.



This savoury beer bread pairs the classic flavours of apple and cheese. There are chunks of sweet Ambrosia apples and smoked Gouda cheese baked into this irresistibly moist and flavourful bread.

Makes 1 9 x 5-inch loaf

3 cups	all-purpose flour
2 tbsp	sugar
1 tbsp	baking powder
1 1/2 tsp	salt
1	12 oz can of beer (I used an apple lager)
1 cup	grated smoked Gouda cheese
1 cup	Ontario Ambrosia apple, diced small
1tbsp	salted butter, plus more for greasing

Apple and Smoked Gouda Beer Bread

Recipe developed by Lily Ernst of Little Sweet Baker

Before you begin: Preheat oven to 350°F and generously butter a 9 x 5-inch loaf pan.

In a large bowl, toss together the flour, sugar, baking powder and salt. Slowly pour in the beer and mix until just combined. Fold in the apples and cheese.

Spoon into prepared baking pan. Bake for 45 to 50 minutes or until a toothpick inserted into the center comes out clean.

Melt the 1 tbsp of butter and brush over top of the bread. Serve immediately.

I used Ontario Ambrosia apples, but any sweet variety would work.



To prevent browning when preparing apples, sprinkle cut surfaces with lemon juice.

One medium Ontario apple =
only 70 calories.



In the winter months, there's nothing better than a hot toddy in hand. Of course, this was one of the first things that came to mind when visiting Nature's Bounty Farm in the fall with Ontario Apple Growers. Not to mention all the great benefits that come with hot toddies during cold and flu season. This recipe is a great natural remedy for all those aches and pains and will likely have you saving logs. So like we say at #OnAppleDay, this one will actually keep the doctor away.

Makes 4 servings

4 cups	apple cider
3-inch	piece of ginger, peeled and thinly sliced
1	cinnamon stick
4 oz	bourbon
half	lemon
4 to 6	cloves
1	sprig of rosemary (for garnish)
1	Ontario apple, chopped for garnish

Apple Cider Hot Toddy

Recipe developed by **Kristen Vander Hoeven of Spooning & Forking**

In a saucepan combine cider, ginger, cinnamon and cloves. Bring to a simmer and remove from heat.

Pour 1 oz of bourbon into 4 mugs. Squeeze a bit of lemon juice into each mug.

Pour 1 cup of cider mixture into each of the glasses. Garnish with rosemary and chopped apples.

Find a comfy couch and enjoy!



Ontario Empire apples were used for this recipe, but any sauce apple like Golden Delicious, McIntosh, Spartans and Idareds would work as well.

CHEF TIP

Don't fret if there are some rivulets of moisture on the surface of your fruit leather after 8 to 12 hours. If the leather peels away easily from the parchment, it's done.



This fruit leather features two stars of fall fruit. Apples and cranberries are the perfect foils, complementing each other perfectly with sweet and tart flavours.

Makes 6 - 8 roll-ups

3 cups	Ontario apples (about 2-3 large apples), cored, peeled, and diced
1 cup	cranberries, cleaned and de-stemmed
1/2 cup	water
1/4 tsp	cinnamon
1/4 tsp	ground ginger
1/2 tsp	lemon juice
1/4 cup	honey

Apple-Cranberry Fruit Leather

Recipe developed by Tiffany Mayer of Eating Niagara

Put apples, cranberries and water into a saucepan over medium heat. Bring to a boil, stirring regularly.

Reduce heat, cover and simmer, stirring occasionally to help break down the fruit. Add additional water, 1 tbsp at a time, if it evaporates before the fruit is soft and saucy. Cook until the fruit is the consistency of thick, lumpy apple sauce, about 15 minutes.

Remove from heat. Add cinnamon and ginger, and puree with a hand blender or in a food processor until smooth. Add honey, stirring until combined.

Line a small square or rectangular baking sheet with parchment paper. Spread the fruit mixture evenly across the parchment, about 1/8-inch thick.

Place in a dehydrator or toaster oven at 175°F for up to 12 hours. Check it regularly after 8 hours. You know the fruit leather is ready when it's tacky and your fingers come clean when you touch it. It will also be shiny and slightly firm (see Chef Tip).

Cut into strips, 1 to 2 inches wide, and roll them up. Store in an airtight container on your counter for up to a week or in the freezer for up to 6 months.

Cold, humid storage ensures apples maintain their crispness, juicy texture and full flavour.

A simple but flavourful gluten-free appetizer that can utilize leftover bacon from breakfast! This cheese ball can easily be made vegetarian by replacing the bacon with caramelized onions and the Worcestershire sauce with soy sauce.

Makes 10 to 12 servings

1 lb	plain cream cheese, room temperature
2 cups	grated cheddar cheese
1	large Ontario Crispin apple, cored and diced
1/4 cup	chopped chives, plus more for topping
1 tsp	Worcestershire sauce
7	slices bacon, sliced, OR use leftover crumbled bacon

Bacon Apple Cheese Ball

Recipe developed by Kacey Joannette of The Cookie Writer

Place cream cheese and cheddar cheese into a large mixing bowl. Mix until well combined. Stir in Worcestershire. Add apples and chives and mix until blended. Form into large ball using your hands.

Place large frying pan over medium-high heat. Add bacon and cook until crispy, about 6 to 8 minutes. Drain and pat bacon dry.

Combine bacon, additional chopped chives if using, and additional diced apple if using. Using your hands, stick bacon mixture all around the cheese ball until nicely coated.

Place into refrigerator to chill until ready to serve.





This pastry is a riff on the British workman's lunch called the Bedfordshire Clanger, a hand pie stuffed with spiced meat on one side and fruit or jam on the other. This Canadianized version is reminiscent of apple-roasted pork, wrapped in a cheddar crust, with a smear of jam as a nod to the pastry that inspired it.

Makes 30 clangers

For best results, use Ontario Honeycrisp, Empire, Spartan, Northern Spy or Idared apples.

Cheddar Crust:

2 1/2 cups all-purpose flour
 1 tbsp fresh thyme (optional)
 1 tsp fine sea salt
 1 cup COLD unsalted butter (if using salted butter, omit sea salt)
 4 oz old cheddar (about 1 cup or 250mL grated)
 6 tbsp ice water
 1 tbsp white vinegar
 1 egg yolk

Filling:

2 strips bacon
 1 onion, finely chopped
 1 clove garlic, finely chopped
 1 lb ground pork
 1 1/2 cups Ontario apple pieces, skin on, cut into 1/4-inch (6mm) cubes
 1 cup grated fresh fennel
 fresh ground pepper
 salt to taste
 1 cup apricot jam

Egg Wash:

1 egg yolk
 1 tbsp milk

Canadian Clanger

Recipe developed by Charmian Christie of The Messy Baker

Crust:

In a large bowl, whisk the flour, thyme and salt until blended. Using the large holes of a box grater, grate the butter over the flour. Toss to coat butter. Add grated cheddar and toss to combine evenly.

In a small bowl or measuring cup, whisk together the ice water, vinegar and yolk. Pour the egg mixture over the flour, mixing in with a fork. When the dough becomes too heavy for the fork, work with your hands until it forms a ball. Divide the dough in two, forming each piece into a disk. Wrap in plastic wrap and refrigerate at least a half hour.

Filling:

In a large skillet, over medium-high, cook bacon until crisp. Remove bacon and set aside to cool, leaving drippings in the pan. Reduce heat to medium, add onions and cook until they soften. Add garlic, cook another minute. Add pork and cook, stirring often, until pork is no longer pink, about 5 to 8 minutes. Transfer pork mixture to a large bowl. Crumble bacon and stir it into the pork.

Return the skillet to the heat without wiping it out. Cook the apple pieces over medium until they are just becoming soft but are still firm, about 5 minutes. Add the grated fennel and cook 1 minute to soften. Add the apple-fennel mixture to the pork, stir to combine well. Add a good grinding of black pepper and salt to taste. If your bacon is very salty, you might not need to add any extra salt.

Assembly:

Before you begin: Preheat oven to 400°F. Line a rimmed baking pan with parchment.

While the dough softens on the counter for a few minutes, make the egg wash by whisking the yolk and milk until smooth with a fork.

Place one disk of dough on a lightly floured work surface and roll to 1/8-inch thick. Cut 4-inch rounds. Spread 1/2 tablespoon of jam on each round, leaving a 1/2-inch around the edge. Place 1 tablespoon filling in the centre. Wet half the edge of the dough with a finger dipped in water. Fold the dough over the filling to form a half moon. Pinch the edges together, then crimp with a fork. Brush the top with egg wash and cut three small slits to allow steam to escape. Repeat with second disk of dough.

Bake 15 to 18 minutes or until the crust is golden and the filling is hot and bubbly.

CHEF TIP

Any leftover filling can be frozen or used to fill an omelette.

Ontario apples are available all winter long.

The perfect healthy snack. Can be made from any type of apple, and can be sprinkled with cinnamon sugar, or even pumpkin pie spice. Yum!

Makes 4 servings

3 to 4

optional

small Ontario apples, any variety!

cinnamon, white sugar, or pumpkin pie spice

Extra Crunchy Apple Chips

Recipe developed by Sam Turnbull of *It Doesn't Taste Like Chicken*

Before you begin: Preheat oven to 225 °F. Line two baking sheets with parchment paper.

Use a mandolin or knife to cut the apples as thinly and evenly as possible. Brush off any seeds or stems. Lay out the apple slices in a single layer so they aren't overlapping. If desired sprinkle with cinnamon or pumpkin pie spice, which you can mix with a bit of white sugar for extra sweetness if you wish.

Bake for 1 1/2 to 2 1/2 hours until apple slices feel dry and leathery. Turn off the oven and crack open the oven door, and let chips cool completely in the oven to crisp up.

CHEF TIP

Store them in an airtight container for up to 1 week. They may lose crunchiness the longer you keep them, so I recommend snacking on them freshly made.



I used Ontario Cortland apples.



This recipe for Flambéed Apple Bruschetta is the perfect balance between sweet and savoury and the perfect entertaining choice, whether served as an appetizer or dessert. Pan toasted baguette in butter, smeared with chèvre, topped with flambéed apples, mint and drenched in coulis — one bite of this apple bruschetta ignites your senses with the crispness of the toast, the creaminess of the cheese, the sweetness of the apple, the fragrance of the mint and the tangy tartness of the mixed berry coulis. And it's as simple as five steps (with eating being one of them!).

Makes 24 bruschettas

Bruschetta:

- 1 large baguette, sliced 1/4 inch
- 200g goat cheese (soft unripened)
- 8 to 10 Ontario apples, diced 1/4 inch (about 6 cups)
- 1/3 cup + 3 tbsp butter
- 1/3 cup maple syrup
- 1/3 cup bourbon
- 1 tbsp lemon juice
- 1 tbsp lemon zest (about 3/4 lemon)
- 2 tsp cinnamon
- 1/4 tsp salt

Wildberry sauce:

- 1/2 cup mixed wild berries
- 1/2 cup mint, loosely packed then chopped
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 1 tsp lemon zest (about 1/4 lemon)

Garnish:

- 1/4 cup walnuts, finely chopped
- 1/4 cup mint, loosely packed and sliced into chiffonade

Flambéed Apple Bruschetta with Chèvre and Berry Coulis

Recipe developed by Philip Lago and Mystique Mattai of Chef Sous Chef

Place mixed berries, mint, lemon juice, maple syrup, and lemon zest in a food processor and puree until smooth. Pour the sauce through a sieve to remove the seeds, pressing the pulp through with a spatula or back of a spoon. Place in the fridge while you make the bruschetta.

Melt 1 tbsp of butter in a large skillet on medium high heat. Place 8 of the baguette slices in the pan to toast until golden brown on both sides. Repeat using butter each time until all bread is toasted. Place the toast on your serving platter. While bread is toasting, dice apples and coat with the lemon juice so they don't oxidize.

Using the same skillet, melt the 1/3 cup of butter until it just starts to brown. Add the diced apples, maple syrup, and cinnamon. Saute for 5 minutes, stirring often. Add the bourbon. Keep your face away from the skillet and carefully ignite the liquid. Shake the pan vigorously, tossing the apples to coat. Once the flames recede, remove from heat and season with salt.

To assemble the bruschetta smear the bread with goat cheese, top with 1 to 2 tbsp of apple, then drizzle with berry sauce. Garnish with a sprinkling of chiffonade of mint and chopped walnuts.

Bon appetit xo

We used a mixture of Ontario Golden Delicious, McIntosh, and Red Prince apples.

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@ontarioapples



A perfect condiment for toast, pancakes or fruit parfaits, Ontario Apple Butter is as versatile as it is delicious.

Makes about 2 cups

2 lbs	Ontario apples peeled, cored and diced in 1/4-inch pieces
3/4 cup	granulated sugar
1/2 cup	apple cider
2 tbsp	apple cider vinegar
1/2 tsp	cinnamon

Ontario Apple Butter

Recipe developed by Ontario Apple Growers

Combine all ingredients in heavy-bottomed saucepan and place over medium-low heat. Cook uncovered, stirring occasionally, until apples are very tender and have darkened (about 60 to 70 minutes). Cool. Puree using blender or immersion blender. Transfer to clean container, cover and chill in refrigerator for up to two weeks.

For best results, use Ontario Cortland, Northern Spy or Idared apples. 2 lbs is about 5 large apples.





CHEF TIP

You could blend this with ice and serve it as a smoothie, but I really loved this strained as a juice and served with ice.



Apples, ginger, lemon and beets are nutritionally powerful plants that also happen to taste delicious. Add a touch of ginger and a squeeze of lemon, and you have just a bit of heat and bite that totally mellows the beet juice to really let the apple sweetness sing. So refreshing, invigorating, and full of goodness. You really can't go wrong here!

- 2 medium Ontario Red Prince apples, cored and quartered
- 1 large beet, peeled and roughly diced
- 1 inch knob of ginger, peeled
- 1/2 lemon, juiced
- 2 cold water
- ice to serve

Apple, Beet & Ginger Juice

Recipe developed by Lisa Le of The Viet Vegan

In a high-powered blender, blend until there are no chunks remaining. Serve as a smoothie, or strain the pulp using cheesecloth or a fine mesh bag and squeeze all the juice out. You could reserve the pulp to make into fibre-rich crackers in a dehydrator, but you get about 3 tbsp of pulp in the end.

Pour the vibrant red juice over ice and enjoy immediately!

I wanted to showcase apples in a way that I actually incorporate into my diet on the regular, like this healthy apple detox salad. I feel like apples don't always get the love they deserve so hopefully I can persuade you differently, the way Ontario Apple Growers did for me.

Makes 2 salads

2 to 4	leaves, radicchio	Dressing:	
2 to 4	leaves, spring lettuce	2 tbsp	white miso paste
1	Ontario Red Delicious apple, sliced	1 tbsp	soy sauce
1	small handful, blueberries	1 tsp	rice wine vinegar
1	radish, chopped	1/2 tsp	sesame oil
1/2	avocado, sliced	1/2	lime, freshly squeezed
1 tbsp	pickled ginger	1 tbsp	honey
1 tsp	nutritional yeast	1 tsp	fresh grated ginger
		1/4 tsp	fresh grated garlic
		3/4 cup	grapeseed oil
		1 tbsp	water

Apple Detox Salad

Recipe developed by Kristen Vander Hoeven of Spooning & Forking

Compose all salad ingredients in one bowl.

Combine all dressing ingredients together until miso paste has dissolved and is smooth.

Drizzle the dressing over the salad.



CHEF TIP

You can save the dark green tops of the leeks for making stock. If your broth isn't seasoned, you may need to add salt — taste as you go!



This stuffing (or as others would argue, dressing) is flavoured like leek and apple soup; poultry seasoning and vegetable broth give it a bit of extra flavour and savoury essence without having a super long grocery list. Not a lot of people have fresh herbs on hand and I wanted to make this stuffing as easy as possible.

Makes 6 to 8 servings

- 1 large loaf of bread, cut into cubes (about 9 cups)
- 1/4 cup vegan butter (I used Earth Balance for this recipe), plus more for greasing the baking dish
- 2 leeks, white and light green parts, chopped and rinsed well
- 3 small Ontario Honeycrisp apples (or 1 of those giant ones), cored and chopped into 1/2-inch cubes
- 1 tsp poultry seasoning
- 1 1/4 cup vegetable broth (if you like your stuffing really moist, up it to 1 1/2 cups)
- 1/2 tsp kosher salt (optional, if broth is unseasoned)
- 1 tbsp fresh rubbed thyme (optional)
- 1 flax egg (1 tbsp flax meal plus 4 tbsp warm water)

Easy Vegan Stuffing with Apples and Leeks

Recipe developed by Lisa Le of The Viet Vegan

Preheat oven to 300°F. Butter 3 qt casserole dish (mine is 12.4 x 8.5 inches). You could use a 9 x 13-inch dish as well.

Spread out bread onto a large rimmed baking sheet and bake for 30 minutes, turning halfway to dry out. You'll want the cubes to be light and crispy, but not browned at all. If you need to use two baking sheets, rotate pans halfway through to ensure even heat distribution.

Remove from oven and set aside and raise oven temperature to 350°F.

Over medium heat, melt butter in a pot large enough to hold all the bread. Add chopped leeks and apples, and cook in butter for about 5 minutes, until apples are softened. Pour in vegetable broth, fresh rubbed thyme (if desired) and flax egg and stir until combined. Add the dried bread cubes and stir until all the liquid is combined. It might seem like there's too much bread, but keep stirring.

Transfer to lightly greased casserole dish and cover tightly with foil. Bake for 45 minutes covered, then uncovered from 10 to 15 minutes until the top is golden.

Serve on the side of your favourite holiday dishes and gravy!



Perfect for warming tummies after playing outside, this rustic soup bursts with tangy apple, sweet leeks and aged cheddar. Serve with a slice of crusty bread and a green salad for an easy weeknight meal.

Makes 6 servings

2 tbsp	butter (or 1 tbsp of Canola oil)
3	Ontario McIntosh or Cortland apples, peeled, cored, and chopped
1 cup	leeks, chopped (white and light green parts only)
1 cup	celery, chopped
1 cup	carrots, chopped
1 tbsp	fresh thyme, chopped
1 tbsp	fresh rosemary, chopped
1/2 tsp	each salt (optional) and fresh cracked pepper
2 cups	water
2 cups	apple juice
2 cups	packed grated extra old cheddar
1 cup	1% milk (or evaporated fat-free milk)

Ontario Apple Cheddar Soup

Recipe developed by Ontario Apple Growers

In large saucepan over medium-high heat, melt butter. Add apples, leeks, celery, carrots, thyme, rosemary, salt and pepper. Cook, stirring often, until vegetables begin to soften, about 10 minutes. Add water and apple juice; bring to simmer and cook, until vegetables are very tender, about 30 minutes.

Working in batches, purée soup in a blender until smooth. Return soup to pot and over medium heat whisk in grated cheddar until dissolved. Gently whisk in milk and warm through (do not boil again).

Wild rice is fun to eat, filling and full of protein (surprisingly enough!). Roasted acorn squash and avocado add creaminess, sauerkraut adds probiotic goodness with a bit of acidity, and of course, fibre-dense apple chips give a fun little crunch to the bowl.

Makes 2 servings

- 2 Ontario Honeycrisp or Red Prince apples, baked or dehydrated into apple chips OR julienned
- 1 tsp cinnamon
- 1 cup wild rice, cooked according to the package
- 1 acorn squash, seeded and sliced into 3/4-inch thick rings
- 1 tbsp vegetable oil
- 1 tbsp brown sugar (optional)
- 1 avocado, thinly sliced
- 1/2 cup raw sauerkraut

Dressing:

- 1 tbsp Dijon mustard
- 1 tsp maple syrup
- 1 tbsp apple cider vinegar
- 1 tsp olive oil
- pinch salt, to taste

Probiotic Apple Crunch and Squash Bowl

Recipe developed by Lisa Le of The Viet Vegan

Make baked apple chips but sprinkle cinnamon on top before baking (you can make this the night before).

Cook wild rice according to the package (my rice required 1 cup of rice to 1 3/4 cups water).

Preheat oven to 375°F.

Lightly toss acorn squash with vegetable oil and spread onto a lined baking sheet. Sprinkle brown sugar on top if you want it extra sweet and caramelized (optional). Bake for 30 minutes until caramelized and fork tender.

Whisk together dressing ingredients and set aside.

Assemble bowls by layering rice, avocado, sauerkraut and squash. Either add whole apple chips on top as a crunchy chip, or crumble so that they soften slightly as you eat and provide an extra sweet burst of apple flavour (I prefer the crunchy chip method).

Finish with a light drizzle of the Dijon dressing and enjoy!



CHEF TIP

You could also enjoy julienned or finely diced apple on top, much like a salsa, instead of the apple chips.

Ontario apples perfect for salads: Ambrosia, Cortland, Crispin, Red Delicious, Empire, McIntosh, Red Prince, or Gala.

It's all about the crunch in this healthy, vegan, and gluten-free salad! So easy to customize and perfectly suitable for any meal of the day.

Makes 4 to 6 servings

1 1/2 lbs assorted Ontario apples and pears of your choosing

1 small cucumber, peeled if desired

Lemon-Honey Dressing:

2 tbsp freshly squeezed lemon juice

1 tsp lemon zest

1 tbsp honey (or sweetener of your choosing)

salt and pepper

chopped chives for garnish, if desired

1/4 cup avocado oil

Optional Toppings:

1/2 cup toasted pecans

1/8 cup toasted sunflower seeds

1/4 cup dried cranberries

fresh fruit, such as blueberries, blackberries, and raspberries

Raw Apple Salad

Recipe developed by Kacey Joannette of The Cookie Writer

Add lemon juice, zest, honey, salt, pepper and chives to a bowl. Whisk in avocado oil until thoroughly combined. Set aside.

For the salad, wash fruit thoroughly. Slice apples, pears, and cucumber thinly using a mandoline. Use your knife to cut those thin slices into matchsticks. Pat dry and add to large mixing bowl. Garnish with desired toppings.

Add desired amount of dressing to salad and toss OR serve out individual portions and top with dressing.

To make the filling, use an electric mixer to combine the peanut butter and powdered sugar. Add the milk or cream, 1 tbsp at a time until you have a spreadable consistency.



I used Ontario Red Prince, Cortland, and Russet apples, along with an Asian pear.



A harmonious blend of sweet Spartan apples, creamy sweet potatoes, savoury spices and hot chillies, A perfect lunch option, this wholesome soup is sure to help you maintain stamina levels for the remainder of the work day.

Makes 12 servings

Soup:				
10 cups	peeled and 1-inch cubed sweet potatoes (approx. 5 to 6 medium-sized sweet potatoes or 2 lbs)	3	fresh thyme springs	
3 cups	peeled, cored and quartered Ontario Spartan apples (approx. 5 to 6 or 2 lbs)	3 cups	milk	
1/2 tsp	ground cinnamon	4 1/2 cups	cold water	
1	long red chilli pepper, left whole, ends removed	2 tsp	cider vinegar	
5 tbsp	vegetable or canola oil	Spiced walnuts:		
1 tbsp	salt	1 tbsp	unsalted butter	
2 tsp	freshly ground black pepper	2	fresh thyme sprigs	
2 tbsp	unsalted butter	1/4 tsp	ground cinnamon	
2 cups	peeled and chopped onions	1/4 tsp	cayenne pepper	
		1 cup	walnut halves	
		1/2 tsp	salt	
		1/4 tsp	freshly ground black pepper	

Roasted Ontario Apple and Sweet Potato Soup

Recipe developed by Ontario Apple Growers

For the Soup: Preheat oven to 400°F.

In a large bowl, add sweet potatoes, apples, cinnamon, chilli pepper and oil. Season with salt and pepper and stir until well combined. Line baking sheet with parchment or foil. Spread potato and apple mixture evenly on baking sheet and place in preheated oven. Roast for 45 minutes to an hour, stirring occasionally, until apples and sweet potatoes are golden and tender.

In a large pot over medium-high heat, add butter and melt completely. Add chopped onions and thyme and sauté for 5 to 6 minutes or until onions are tender and lightly golden. Add roasted potato and apple mixture milk and water. Decrease heat to medium and let simmer for 20 to 30 minutes.

Once simmered, remove the chilli and thyme sprigs and discard. Purée soup with a blender or hand blender until very smooth. Just before serving stir in cider vinegar and season with salt and pepper.

For the spiced walnuts: While the soup is simmering, heat a small frying pan over medium heat, add 1 tbsp of butter and let melt completely. Add thyme sprigs, cinnamon, cayenne, walnuts, salt and pepper. Continue to sauté for 4 to 5 minutes, stirring frequently until walnuts are golden and fragrant.

Serve soup piping hot with a garnish of warm spiced walnuts.

For best results, use Ontario Spartan, Empire, or Russet apples.



When the leaves start falling and the air becomes crisp, it's a sure signal that winter is on its way. Like many, for us winter means comforting dishes that weave and utilize local ingredients that hold up well to storing during the cold months. Lucky for us on a trip to the farmer's market we found the perfect variety of apple and paired it with earthy red and yellow beetroot and a tangy goat cheese to create this beautiful and hearty galette.

Makes 1 10-inch galette

We used Ontario Cortland apples.

Crust:

1 tsp active dry yeast
1/4 tsp sugar
1/3 cup lukewarm water
1 medium egg at room temperature, beaten
2tbsp olive oil
1/2 cup whole wheat flour
1/2 cup all-purpose flour
1/4 tsp salt

Filling:

4 small Ontario apples, same size as beets
4 oz goat cheese
2 tsp fresh sage leaves, chopped
1/2 tsp fresh ground black pepper
1 tbsp fresh-squeezed lemon juice

Apple and Beetroot Galette

Recipe developed by Philip Lago and Mystique Mattai of Chef Sous Chef

Before you begin: Preheat oven to 375°F.

In a medium bowl, mix together flours and salt. In a small bowl, dissolve the yeast and sugar in lukewarm water and allow to sit for 5 to 10 minutes until mixture becomes foamy. Add beaten egg and olive oil and stir to combine. Pour mixture into the flour and bring together to form a dough. Turn dough onto a lightly floured surface and knead for 3 to 5 minutes until smooth. It will be tougher than a typical bread dough. Place dough in a lightly oiled bowl, cover with plastic wrap or damp towel and allow to rise for 1 hour.

Meanwhile, lightly coat beets in olive oil, wrap in foil and place on a baking sheet. Roast for 45 minutes. Remove and allow to cool until the dough is ready.

Once the dough has risen, lightly knead it 1 to 2 times, cover again and allow to rest while you prepare the filling.

For the filling, peel the beets and slice into 1/8 to 1/4-inch slices. A mandoline works best for this. Place in a bowl and set aside. Then peel the apples and slice the same thickness as the beets. Place in a separate bowl and coat with lemon juice. Lightly season both the beets and apples with salt, pepper, and sage.

Roll the dough out into a circle about 12 to 14 inches in diameter. Place on a parchment lined baking sheet.

Starting in the centre and working your way out, alternate placing apple and beet slices overlapping halfway in a circular shape. Do this leaving 2 to 3 inches of dough around the outside. Sprinkle half the goat cheese on top and arrange a second layer of apples and beets.

Fold the dough edges up around the apples and beets. Sprinkle remaining goat cheese on top, season with additional salt, black pepper and a few small sage leaves.

Place in oven and bake for 35 to 45 minutes until galette dough is lightly browned. Allow to cool for 15 minutes before serving.



Shakshuka usually conjures images of eggs floating in a pool of tomatoes. But shakshuka, which means mixed up, is really open to interpretation and lots of play. The flavour in this one is layered with sweet, sour and bitter bites, and a hot little kick from the crushed red pepper. Even better, it's fantastic for prep because all you need to do is chop — no peeling required.

Makes 2 - 4 servings

- 1 Ontario Mutsu/Crispin apple or other sweet-tart apple, diced
- 2 tbsp butter or solid coconut oil
- 2 tbsp sage, thinly sliced
- 1/4 tsp crushed red pepper
- 1.5 lbs delicata squash (roughly 2 small)
- pinch salt
- 1/2 head radicchio, cored and sliced
- 3 tbsp apple cider
- 1 tbsp cider vinegar
- 4 to 6 eggs
- 2 scallions, greens only, chopped to garnish
- fresh ground pepper, to taste

Apple-Delicata Squash Shakshuka

Recipe developed by Tiffany Mayer of Eating Niagara

Before you begin: Preheat oven to 375°F.

Melt butter/oil in a skillet over medium heat. Add the sage and crushed red pepper and cook for 1 minute, until aromatic.

Add the squash and a pinch of salt. Cook 10 minutes, stirring occasionally, until squash starts to soften and brown.

Add the radicchio, apple, cider and vinegar. Give everything a good stir to combine, and cook until radicchio starts to wilt, about 1 minute.

Stir in remaining salt and remove skillet from heat. With the back of your spoon, make 4 to 6 indentations in the squash mixture. Crack eggs into the indentations and place skillet in the oven. Alternatively, you can crack eggs into a ramekin first, and then slide into the mixture but who has time for another dirty dish?

Bake for 8 to 10 minutes for a runny, unctuous yolk; 12 minutes for a firm yellow.

Remove from oven and sprinkle with scallion greens. Divvy up and serve immediately with a sprinkle of fresh ground pepper to taste.

I found the most glorious Mutsus bursting with lots of sweet-tart flavour, which made them the perfect addition to this recipe. If you can't get your hands on any, Northern Spy would be a fine stand-in.



Delicious slow-cooked pulled pork, served on a crusty roll with shredded cabbage and fresh apple. The pork can be made on the stovetop or in a slow cooker.

Makes 8-10 servings

Ontario apples perfect for sandwiches: Empire, Ambrosia, Gala, Fuji or Honeycrisp.

Pulled pork:

- 3.5 - 4 lb pork shoulder
- 1 cup diced onion
- 1 red pepper, seeded and diced
- 1 large Ontario Empire apple, peeled, cored, and diced
- 1 6 oz (170mL) can tomato paste
- 1/2 cup brown sugar, packed
- 1/4 cup white vinegar
- 4 tbsp chili powder
- 2 tsp dry mustard
- 2 tsp Worcestershire sauce

For topping:

- Purple or green cabbage, thinly sliced or shredded
- Ontario Empire apple, cored and thinly sliced or shredded
- Fresh chopped parsley

To serve:

- Crusty buns or rolls

Apple Pulled Pork Sandwiches

Recipe developed by Jennifer Maloney of Seasons and Suppers

Place pork shoulder in a large, heavy bottomed Dutch oven or pot on the stovetop. If necessary, cut the pork into a couple of large chunks to fit. Add all the rest of the ingredients to the pot. Cover and turn burner on to medium. After 10 to 15 minutes, stir the mixture well and flip the pork over. Cover pot, reduce heat to medium-low and allow to cook for 3 to 4 hours, flipping pork and stirring several times during that period.

For the slow cooker, cook on high for about 4 to 5 hours or on low for 7 to 8 hours. If the roast is exposed on the top, I like to open the lid a couple of times during cooking and flip it over, but it isn't really necessary if it's not convenient. Cook for 20 to 30 minutes at the end with the lid off to thicken the sauce.

Toss to combine.

When pork is tender enough to pull apart with a fork, remove the pork to a rimmed baking sheet. Remove and discard any bone. Using two forks, shred the pork, discarding any fatty pieces. Return the shredded meat to the pot with the sauce and stir well. Allow to simmer over low heat for about 30 minutes, or until the sauce has thickened.

For the topping, combine cabbage, apple and fresh parsley in a bowl. Toss to combine.

Serve on buns, topped with chopped cabbage and apple.

Ontario Jonagold and Golden Delicious work great here.

Eat an apple 15 minutes before your biggest meal. The apple is filled with fibre and water, which will make you feel satiated sooner. As a result you will end up consuming fewer calories.

Apples and pork are a classic pairing, creating a balance of sweet and savoury. Much simpler than you would imagine, this bacon-wrapped apple stuffed pork tenderloin is great during the workweek (and perfect for those holiday dinners).

Makes 4 servings

1 1/2 lb pork tenderloin, silver skin removed
salt and pepper

10 oz bacon slices

Filling:

1/2 lb Ontario apples, diced

1 small onion, diced

1 garlic clove, minced

1 small portobello mushroom, stem removed and diced

1 tbsp freshly chopped sage leaves

1 tbsp salted butter

1/4 cup white wine

Bacon-Wrapped Apple Stuffed Pork Tenderloin

Recipe developed by Kacey Joannette of The Cookie Writer

Add butter to a large frying pan over medium-high heat. When bubbling, add in onion and mushrooms. Cook for 5 minutes, or until onions begin to colour. Stir in garlic, sage, and apples. Season with salt and pepper. Continue cooking for 3 to 5 more minutes. Pour in wine to deglaze. Cook for 2 more minutes, or until wine has dissipated. Remove from heat.

Assembly: Butterfly pork tenderloin and pound flat. Season with salt and pepper. Pour filling into centre of meat. Carefully roll the meat up. Secure by wrapping bacon slices around the meat one at a time, working from one end to the other.

Place into preheated 40°F oven and cook for 15 to 18 minutes. Finish by broiling bacon until crispy (and internal temperature reaches 145°F). Move meat to cutting board and cover with aluminum foil to rest for 10 minutes. Slice and serve!



This is the perfect stew for a chilly day. The melt-in-your mouth pork pairs perfectly with sweet apple and the rich cinnamon and brown beer broth. It's quickly become a family favourite. Don't forget the crusty bread to help soak up every drop.

Makes 8 servings

CHEF TIP

For the root vegetables I used about 2 sweet potatoes, 1 parsnip and 2 carrots.

6 tbsp	olive oil	1/2 cup	light brown sugar
3 1/2 lb	pork shoulder	1 tbsp	cinnamon
2	onions, chopped	6 cups	root vegetables, chopped
4	cloves of garlic, finely chopped	2 stalks	celery, chopped
4	sprigs thyme	2	medium Ontario Red Prince apples, peeled and chopped about 1/2 inch
700 mL	craft oatmeal ale or your favourite brown ale	1 1/2 tsp	kosher salt
900 mL	chicken broth	1 tsp	ground black pepper
5 tbsp	all-purpose flour	1/2 cup	Italian parsley

Beer Braised Pork and Apple Stew with Root Vegetables

Recipe developed by Melanie Cote of The Inspired Home

Prepare the pork, removing excess fat and cutting into even cubes of approximately 1 inch. Season pork with half of the salt and pepper.

In a large Dutch oven over medium heat, add 3 tbsp olive oil. In batches, add the pork and brown on all sides. Add a little more olive oil if necessary. Transfer to bowl.

Add the remaining olive oil to the Dutch oven, then cook onions for about 5 minutes, until translucent. Add the thyme and the garlic and continue cooking. After 2 minutes add flour, and cook for 1 more minute.

Add the oatmeal ale and increase heat to bring to a boil for 2 minutes, then return the pork and any juices to the Dutch oven, along with the broth and brown sugar. Bring to a boil once again, then reduce heat. Simmer partially covered for about 1 hour and 20 minutes until the pork is very tender.

Add the root vegetables, celery, apples and cinnamon to the stew. Bring to a boil, reduce heat again and continue simmering partially covered for about 30 minutes, or until the vegetables are tender.

Add remaining salt and pepper, and sprinkle parsley into the stew.

Serve hot.

Have fun with your food with fresh roasted apple fries and cornflake crusted chicken fingers. Kids will love preparing the 'fries' and coating the chicken. Serve in rolled newspaper for an authentic 'chippy' feel.

Makes 6 servings

Apple Fries:

- 2 cups apple cider
- 2 tbsp butter (or non-hydrogenated margarine)
- 1 tsp coarse salt (optional)
- 4 Ontario Empire or Spy apples, peeled, cored, and cut into 8 wedges (per apple)
- 1 tbsp fresh thyme, chopped

Crispy Chicken Fingers:

- 1 cup crushed corn flakes (or crushed whole grain flakes)
- 1/2 tsp salt (optional)
- 2 tbsp fresh parsley, chopped
- 1 lb chicken breasts, sliced into strips
- 2 tbsp sweet chili sauce

Crispy Chicken Fingers with Apple Fries

Recipe developed by Ontario Apple Growers

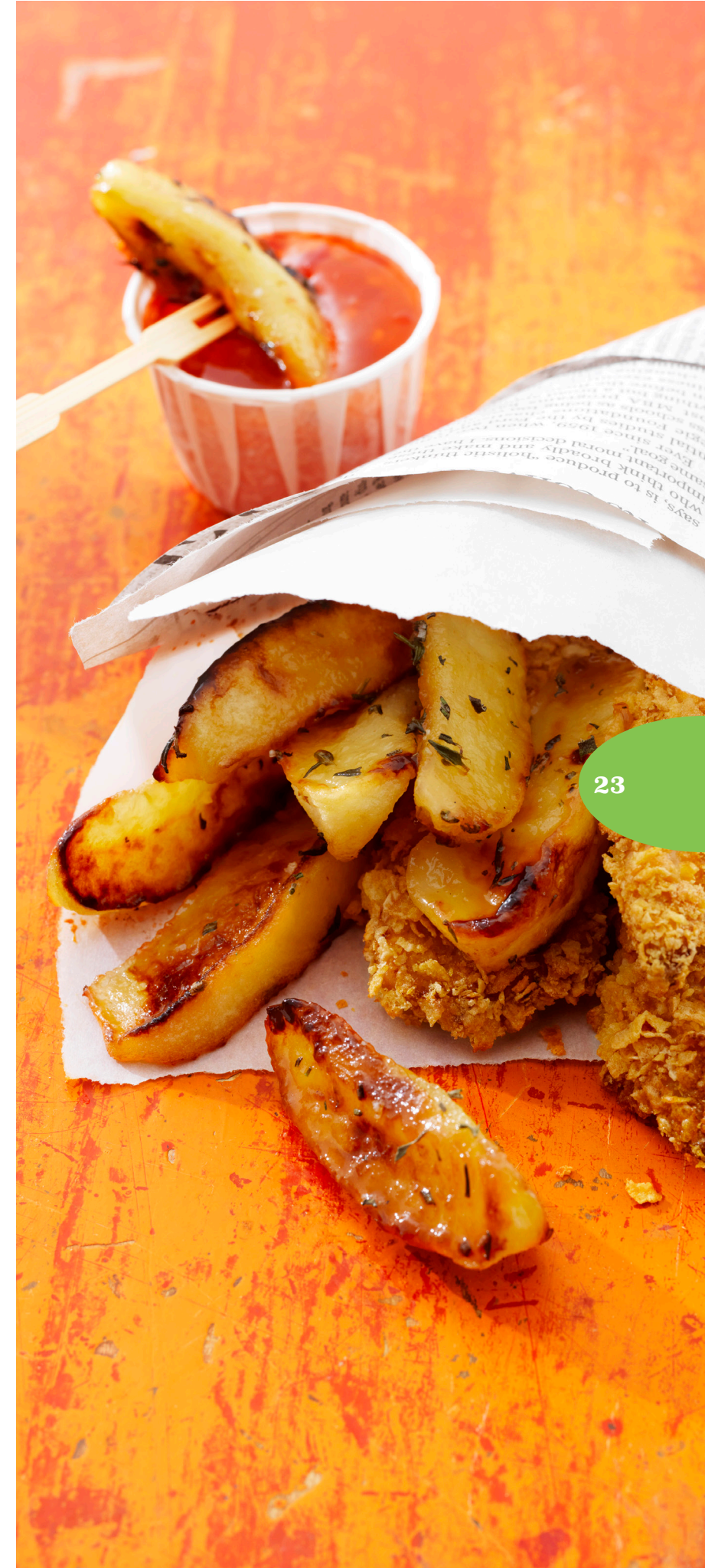
In large saucepan over medium-high heat, boil cider until reduced to 1/3 cup, about 20 minutes (will have a syrupy consistency). Remove from heat; whisk in butter and salt.

Preheat oven to 400°F. In bowl, toss apples with 2 tbsp of the glaze and 1/2 tbsp of thyme. Arrange in a single layer on a rimmed baking sheet. Set aside.

In bowl combine corn flake crumbs, salt and parsley. Set aside. Dip chicken strips in sweet chili sauce and then coat with corn flakes. Arrange in a single layer on a greased baking sheet.

Place chicken on the top third and the apples on the bottom third of the oven. Roast for 10 minutes. Turn chicken, drizzle apples with remaining glaze and switch baking sheets so the apples are now on the top third of oven. Continue to roast for 10 minutes and remove chicken from oven. Let chicken fingers cool while apples finish caramelizing, about 5 to 10 minutes more.

Sprinkle apples with remaining thyme and additional salt if desired.



For best results, use Ontario Empire, McIntosh, Gala, Ambrosia, Honeycrisp, Spartan or Idared apples.



Chock-full of goodness, this oatmeal promises a warm, fruity, stick-to-your ribs breakfast perfect for those wintery mornings.

Makes 4 servings

Oatmeal:

- 4 cups water
- 1/2 cup steel-cut oats (or Irish oatmeal)
- 1/2 cup wheat berries
- 1/4 tsp salt
- 2 cups grated Ontario apple
- 1/3 cup maple syrup, divided

Garnish:

- 2 cups milk
- 1 Ontario apple, cored and diced
- 1/2 cup chopped toasted pecans

Ontario Apple-Maple Oatmeal with Pecans

Recipe developed by Ontario Apple Growers

In medium saucepan, bring water to boil. Stir in oats, wheat berries and salt. Reduce heat to simmer and cook uncovered, stirring occasionally, until most of the liquid has been absorbed but oats are still al dente, about 30 minutes. Remove from heat.

Stir in grated apple and 2 tbsp of the maple syrup. Divide into four bowls and pour milk on top. Sprinkle with diced apple and chopped pecans and drizzle with remaining syrup.

This calzone recipe is high on the restaurant food at home factor. It combines a perfect-every-time crust and a filling that's fancy enough to wow guests, and is easy enough for a Wednesday night.

Makes 4 calzones

Dough:		1 tbsp	walnuts, chopped
1	package of active dry yeast	8	pieces thinly sliced Ontario Cortland apple (peel on)
1 cup	water (hot from the tap)		
2 1/2 cups	flour (more if necessary)	1	drizzle of honey, about 3/4 tsp
1 1/2 tsp	coarse salt	2 tbsp	grated aged sheep cheese (I used local Shepherd's Harvest)
1 1/2 tsp	olive oil (I used extra virgin)	2 tbsp	thinly sliced mozzarella cheese (I made with and without and personally preferred without)
Filling:			lemon juice
1	drizzle of olive oil, about 1 tsp		black pepper, for grating
1	piece prosciutto, torn into about 4 pieces		
1	small handful arugula, about 1/4 cup, loose		

Savoury Apple Calzones with Prosciutto and Walnuts

Recipe developed by Melanie Cote of The Inspired Home

In a large bowl, mix olive oil, salt and hot water. Add yeast. Let sit for 5 minutes to allow the yeast to proof.

Once proofed, add about 2 cups of flour. Mix gently but thoroughly with a wooden spoon. Transfer to prepared surface and knead, adding extra flour as required, for 5 to 8 minutes. Place in a lightly oiled bowl and let sit until the dough has doubled, an hour or more.

Once the dough has risen, knead gently for about a minute. Cut the dough into 4 pieces. Let rest for about 15 minutes.

Preheat oven to 475°F.

While the dough is resting, prepare the filling ingredients. Wash and dry the arugula. Gently tear apart the prosciutto. Roughly chop the walnuts. Grate the cheese. Slice the mozzarella (or grate if preferred). Thinly slice the apples and mix with a squeeze of lemon juice.

Roll the dough into small circles. Add the toppings to the centre of the circle. I started with olive oil, then added prosciutto, arugula, apple slices, walnuts, a drizzle of honey, cheese and, finally, a grate of fresh black pepper.

Fold the dough over the filling so the edges meet. Gently pinch and roll the edges to form a seal. Finish with a fork to help ensure the calzones don't open in the oven. Place onto a parchment lined baking sheet.

Bake for 8 to 9 minutes.

Apples bruise easily, handle with care.



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CHEF TIP

Not a fan of sheep cheese? I've also used blue cheese in these calzones with great success.



This turkey pie can be made in 4 small skillets/ serving dishes or as one large dish (or skillet). You could use cooked chicken instead of turkey in this dish, as well.

Makes 4 servings

2 tbsp	butter
1/2 cup	onion, diced
4 cups	chopped fresh vegetables (I used 1/3 cauliflower, carrot, and butternut squash)
3 tbsp	flour
2 cups	chicken broth
1 cup	diced firm semi-tart Ontario apple (cored, peeled or unpeeled)
1 3/4 - 2 cups	cooked turkey, diced
1 1/2 tsp	mild curry powder (less if curry powder is not mild)
to taste	salt and pepper
2	puff pastry sheets, thawed
1	egg, beaten, for egg wash

Turkey and Apple Curry Pot Pie

Recipe developed by Jennifer Maloney of Seasons and Suppers

Heat butter in a large pot or Dutch oven on the stovetop over medium heat. Add onion and cook, stirring occasionally, until softened, about 3 to 4 minutes. Add chopped vegetables and cook, stirring for an additional 3 minutes. Add flour and cook, stirring, for about 45 seconds. Add stock, apples and curry powder. Bring to a boil, then reduce heat to medium-low and simmer, uncovered, until vegetables are tender, 10 to 15 minutes.

Taste gravy and add salt and pepper. Be sure not to undersalt, as it is necessary to bring out all the flavours in the dish. Add a bit more curry powder, as well, if you feel it needs it. Remove pot from heat and allow to cool a bit while you prepare the pastry.

Preheat oven to 400°F.

Using two 10 x 10-inch sheets of puff pastry, cut 4 circles the size of your serving dishes (or use just one if you'd like to make this in one large skillet).

Fill skillets with filling, allowing room for the pastry top. Fit a round of puff pastry over top. Brush top with beaten egg and cut a slit in the middle to allow steam to escape. Place on a baking sheet (to catch any bubble-over) and bake in pre-heated oven until filling is heated through and puff pastry topping is golden, about 15 to 20 minutes.

I used an Ontario Empire apple in my pie.

Ontario Mutsu apples, also known as Crispins, lend themselves well to this recipe. But another balanced Ontario apple with sweet and tart notes, such as Northern Spy would also work well.



Turnips and Ontario Mutsu apples bring out the best in each other in this Asian-influenced spin on ravioli. Despite cheating by using wonton wrappers for the ravioli, this isn't the meal to make when you're rushed but rather for a Sunday dinner or when you feel up to doing something more hands-on. That said, the stuffing can be made the day ahead to help the process along.

Makes 4 to 6 servings

Ravioli:

- 3 cups turnip, peeled and diced (about 2 medium turnips)
- 2 tbsp butter or olive oil
- 2 tbsp minced green onions (about 1 to 2 green onions)
- 1 tsp fresh grated ginger
- 1 tbsp seasoned rice vinegar
- 1 small Ontario Mutsu/Crispin apple, peeled and diced (about 3/4 cup)
- 1/2 tsp salt
- 1 egg, whisked
- 1 package wonton wrappers

Miso-Brown Butter Sauce:

- 5 tbsp butter
- 1 1/2 tbsp flour
- 1/4 cup unsweetened soy milk
- 1/4 cup water
- 1 1/2 tbsp white miso paste
- 2 tbsp mirin
- 2 tbsp seasoned rice vinegar
- fresh ground pepper to taste
- 1 to 2 green onions, finely sliced (optional)

Turnip-Apple Ravioli with Miso-Brown Butter Sauce

Recipe developed by Tiffany Mayer of Eating Niagara

Steam peeled and diced turnip until fork tender, about 10 minutes. Drain turnip and melt 2 tbsp of butter in a skillet over medium heat. Sauté green onions until they soften, about 1 minute. Add ginger, stirring until fragrant, about 30 seconds.

Add turnip, combining well with green onions and ginger. Spread turnip evenly in single layer, stirring only occasionally to let the turnip brown slightly on each side (about 5 to 7 minutes total). Add rice vinegar to deglaze.

Remove from heat and purée in a food processor with diced apple.

Bring a large pot of water to a rolling boil, then reduce to a simmer.

Meanwhile, prepare the ravioli. Scoop 2 tsp of the turnip mixture into the middle of each wonton wrapper. Brush the outer edges of the wonton wrapper with whisked egg, then cover with another wrapper, pressing the edges firmly to seal. Set ravioli onto a lightly floured baking sheet and set aside until ready to cook.

Next, make the sauce. Swish and swirl the butter in the same skillet used for the turnip mixture until the milk solids separate, get foamy and start to brown. Be careful here because they can burn quickly. You want there to be golden brown flecks that give off a nutty smell.

Remove from heat and whisk in flour until smooth. Add soy milk, water and miso paste, whisking until smooth and free of lumps. Add mirin and rice vinegar, and return to burner on low heat to keep warm.

Now cook the ravioli in small batches in simmering water, about 2 to 3 minutes. The ravioli will float when they're done. Remove from water with a slotted spoon and serve immediately, drizzled with sauce and topped with green onions, if you choose. Don't cook the ravioli all in one shot because it will clump together when drained and tear or fall apart when serving.

CHEF TIP

It's been argued that all ravioli stuffing should include a starch. I found that neither my turnips nor my apples were too juicy to require it. But if you find you have turnips with lots of moisture, swap one cup with white potato instead, or add flour, one tablespoon at a time, until you reach the desired thickness.

These whoopie pies are made with a creamy, sweet and salty peanut butter frosting sandwiched between two soft and chewy apple oatmeal cookies. They're healthy and hearty, and pair the perfect flavour combination of apples and peanut butter.

Makes 12 servings

Cookies:

- 1 1/2 cups whole wheat pastry flour
- 2 cups quick oats
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 4 tbsp melted butter
- 1/2 cup lightly packed brown sugar
- 2 large eggs
- 1/2 cup maple syrup (or honey)
- 2 tsp vanilla extract
- 1 1/2 cups Ontario Red Prince apples, diced small (about 1 large apple)

Filling:

- 1/2 cup smooth peanut butter
- 1 cup powdered sugar
- 2 to 4 tbsp milk or cream

Apple Oatmeal Whoopie Pies with Peanut Butter Frosting

Recipe developed by Lily Ernst of Little Sweet Baker

Before you begin: Preheat oven to 325°F. Line 2 baking sheets with parchment paper or silicone baking mats.

In a large bowl, toss together the quick oats, flour, baking soda and cinnamon. Set aside.

In a medium bowl, whisk together the melted butter, brown sugar, eggs, maple syrup and vanilla.

Add the wet into the dry ingredients and mix together until just combined. Fold in the diced apples.

Using a medium cookie scoop or tablespoons, drop rounded cookie batter about 2 inches apart onto prepared baking sheet. Bake for 10 to 12 minutes or until the edges are golden brown. Let cookies cool completely before filling.



CHEF TIP

These cookies are best fresh the day of. Because of the natural juices from the apples, they tend to get moist the day after.



Ontario apples perfect for baking: Cortland, Crispin, Golden Delicious, Ambrosia or Honeycrisp

Apple fritters are always a treat. This recipe delivers that homemade apple fritter taste, including the sweet, crisp crust, without the frying. One warning though –they go fast.

Makes 36 fritters

1/3 cup softened butter
2 large eggs
1 tsp vanilla
1/2 cup milk
1 1/2 cups flour
1/2 cup sugar
2 tsp baking powder
pinch salt
1 large Ontario apple (or 2 smaller apples)
2 tbsp brown sugar
1 tsp cinnamon

Sugar Glaze:

1 cup powdered sugar
1 1/2 - 5 tbsp milk or cream

Maple Glaze:

2 tbsp maple syrup
1 cup icing sugar

Baked Apple Fritters with Maple Glaze

Recipe developed by Melanie Cote of The Inspired Home

Before you begin: Preheat oven to 350°F. Grease the mini muffin tins.

Chop apples into small chunks. Stir in brown sugar and cinnamon then set aside.

In a large bowl, beat softened butter and sugar together till creamy. Add eggs and beat on low till combined. Add vanilla and stir.

In another bowl, mix flour, baking powder and salt. Pour the dry ingredients into the wet ingredients and mix with a wooden spoon until just combined. Add apple mixture to the batter and stir.

Spoon batter into the prepared pans. Make sure you have apple chunks in every one. Bake for about 15 minutes.

Meanwhile, prepare the sugar glaze by mixing the icing sugar and milk. You want a thin consistency.

Next prepare the maple glaze – this one should be thicker. If it doesn't pour like a ribbon from the spoon, add milk to thin slightly.

Once the fritters are baked, remove them from the muffin tins and coat with the thin sugar glaze. You want them to be fully coated but not saturated. I suggest setting them on a cooling rack with parchment paper or a tray underneath to allow the excess glaze to drip off.

Here comes the fun part. Turn on the broiler. Place the muffins on a baking tray lined with parchment paper and pop them into the oven. Once the sugar from the glaze starts to turn a golden brown, flip them so they get a caramel coloured crust on all sides. Once they're all crusty and delicious, take them out and coat them in the maple glaze.

Ontario Honeycrisp, Jonagold, Mutsu/Crispin and Golden Delicious apples are good choices for this recipe.

CHEF TIP

You want about 4 ounces of sliced apple for this recipe.

Glazed lemon loaf made regular appearances at the family table during my childhood. This updated version contains crystallized ginger and a surprise layer of finely cut apple pieces. When slicing the apple, aim for paper-thin as two thin layers of apple will bake more evenly and cut much more easily with a fork than one thick layer.

Makes 1 loaf

	Pound Cake:	2	lemons, zest of
1 1/2 cups	all-purpose flour	1 1/2 tsp	vanilla extract
3/4 cup	sugar	1	small firm, sweet Ontario apple (or half a large apple)
1/2 cup	crystallized ginger, finely chopped		
1/2 tsp	baking powder	Glaze:	
1/2 tsp	fine sea salt	1 cup	icing sugar
1/4 tsp	baking soda	2 tbsp	fresh squeezed lemon juice
3/4 cup	butter, cut in cubes and softened	1/2 tsp	ground ginger
1/2 cup	buttermilk	1/3 cup	chopped crystallized ginger, for sprinkling (optional)
3	large eggs, room temperature		

Layered Apple Pound Cake

Recipe developed by Charmian Christie of *The Messy Baker*

In a large bowl or the bowl of a stand mixer fitted with a paddle, place the flour, sugar, crystallized ginger, baking powder, salt and baking soda. Whisk to combine.

Toss the butter cubes over the flour distributing them fairly evenly.

In a liquid measuring cup, measure the buttermilk, then use a fork to whisk in the eggs, lemon zest and vanilla. Pour the buttermilk mixture over the butter and flour. Beat for 1 minute on medium. Scrape down the sides and bottom of the bowl. Beat on high for 1 minute if using a stand mixer or 2 minutes if using an electric hand mixer.

Core the apple. Leave the skin on but cut the apple in half from top to bottom. Slice VERY thinly (aim for 1/16 inch), using a mandolin if possible. Leaving this to the last minute ensures the apple slices won't discolour.

Spoon a third of the cake batter into the loaf pan and smooth flat. Place half the apple slices evenly over the batter, layering them so they overlap. Spoon a third of the batter on top of the apple layer, being careful not to dislodge them when you smooth the batter. Layer the second half of sliced apple over the batter, and top with the remaining batter, smoothing one final time.



Bake for 45 to 55 minutes or until the top is golden and a cake tester or wooden skewer inserted into the centre comes out clean. While the cake bakes, make the glaze by whisking the icing sugar, lemon juice and ginger together until smooth in a liquid measure or small bowl. Set aside.

Place loaf pan on a rack to cool. Poke holes in the top of the cake with a cake tester, wooden skewer or toothpick. Spread half the glaze over the cake and let it seep in while the cake cools. Once the cake is cooled, remove from the pan and drizzle with the remaining glaze, letting it drip over the sides for effect. Sprinkle with more crystallized ginger, if using. Neat freaks can leave the loaf in the parchment-lined pan to contain the second layer of glaze. Let glaze set for about a half hour before slicing with a serrated knife to reveal the hidden apple layers.

These mini apple pies are showstoppers! Filled with sweet, cinnamon-packed apple pie filling, topped with flaky crust, all in their own edible little warm apple shells. Cute dessert for fall, Thanksgiving, Christmas, or a special occasion!

Makes 6 apples

8	Ontario apples (2 for the filling and 6 for the pies)
1/3 cup	brown sugar
1/4 cup	vegan butter
3/4 tsp	cinnamon
1/4 tsp	nutmeg
1	recipe Easy Vegan Pie Crust or store-bought pie crust

Mini Apple Pies - Baked in an Apple!

Recipe developed by Sam Turnbull of [It Doesn't Taste Like Chicken](#)

Before you begin: Preheat your oven to 375°F.

To make the filling, peel and chop 2 of the apples, then add to a saucepan along with the brown sugar, vegan butter, cinnamon and nutmeg. Stir over medium heat until the apples are tender, 3 to 5 minutes.

To make the pies, cut a thin slice off the top of 6 apples. Then use a melon baller or spoon to carefully scoop out all of the core and seeds. Make sure to leave a thick enough wall of apple so that once baked, the apple is still strong and doesn't collapse.

Pack the prepared filling into the apples. You might have some leftover apple filling, and if you do it goes wonderfully on top of oatmeal!

Roll out pie crust, and use a large circle cookie cutter, a knife, or any shape cookie cutter you like to cut rounds of pie crust. I used a small tart pan to cut my crust, which gave me this perfect scalloped edge. Use a knife to cut small vent holes in the top of each pie. At this point, if you don't want to enjoy them right away, you can store them covered in the fridge for up to a day until you are ready to bake.

Bake 18 to 22 minutes until apples have softened and are just starting to sag. There might be some juices that escaped and that's a-ok! Serve hot from the oven with a scoop of vegan vanilla ice cream.

This recipe is suited well to Ontario Cortland apples.



To keep the crunch in Ontario apples, store them in perforated plastic bags in your refrigerator crisper.

There's something to be said about florals and food. To me, it feels delicate and romantic. Other than tea, I rarely find myself cooking with edible flowers. I'm usually using them in the bathtub with Epson salts, on my face as a toner or planting in my garden. I was so inspired by the gorgeous pinks and reds that flooded Nature's Bounty Farm that this was the perfect time to get creative and create a beautiful bouquet with this #OnAppleDay project courtesy of Ontario Apple Growers. I don't bake often, so when I do you know it's definitely for a special occasion.

Makes about 10 tarts

Pastry:*					
2 1/4 cups	almond flour	1 tbsp	maple syrup		
1/4 cup plus	arrowroot powder	2	eggs		
3 tbsp		1/4 cup	arrowroot powder		
1 tbsp	coconut flour	1/2 tsp	kosher salt		
1/4 tsp	sea salt	1 cup	almond flour		
1/4 cup	pure maple syrup	Apples:			
5 tbsp	grass-fed unsalted butter, cold	4 to 5	Ontario Cortland apples, sliced into half moons to 1/8 to 1/4 inch thick (use a mandolin for this)		
Filling or frangipane:**		1/2 cup	cocunut sugar		
6 tbsp	grass-fed unsalted butter	1 tsp	cinnamon		
1/2 cup	coconut sugar	1 tsp	lemon juice		
2 tsp	cinnamon	1/4 tsp	freshly grated nutmeg		
1 tsp	nutmeg				

**adapted from Against All Grain*

***adapted from Anthropologie*

Mini Apple Rose Tarts

Recipe developed by Kristen Vander Hoeven of Spooning & Forking

For the pastry: In a large bowl, combine almond flour, arrowroot, coconut flour and sea salt with a hand mixer. Add the maple syrup and mix for 15 seconds until combined and crumbly. Start to add the cold butter, 1 tbsp at a time, and mix until the butter is pea-sized and the dough starts to come together. With your hands, pack the dough into a disc. Wrap in plastic wrap and place in refrigerator until firm, at least 4 hours.

For the filling: With a hand mixer, combine the eggs, butter, coconut sugar, maple syrup, cinnamon and nutmeg. Stir in the arrowroot powder and almond flour until smooth. Set aside.

For the apples: Add sliced apples, coconut sugar, cinnamon, lemon juice and nutmeg to a pot and heat over medium heat for 5 to 7 minutes or until the apples are soft, but not mushy. Remove from heat and cool to room temperature

Assembly: Before you begin: Preheat oven to 350°F.

Separate pastry disc into 2-inch balls. On a floured surface start rolling out individual balls until 1/8-inch thick. Push each round into a small silicone muffin cup.

Spoon the filling/frangipane evenly in the centre of the crust. Store in the fridge loosely wrapped while you prepare the apples.

Arrange 10 to 12 apple slices lengthwise in a straight line, overlapping each other on a piece of parchment paper. Starting at the end closest to you, gently and tightly roll the apples. Try not to stop once you have started to roll.

Place the apple rose in the centre of the dough in each muffin cup, folding up the edges to hold and support the apple rose.

Place the mini galettes in the oven for 30 minutes or until edges are brown.



Inspired by a day at the apple orchard and our smoker, we decided to combine apples with smoke and a little bit of cheese in this smoked apple and ricotta strudel (cheese makes everything better). Smoking the apples is optional but is definitely worth the extra effort for a unique and delicious treat.

Makes 2 strudels

Pastry:

2 cups pastry flour
1 tbsp sugar
1/2 tsp salt
3/4 cup butter, cold and in 1/4-inch cubes
1/2 cup ice water

Cheese Filling:

8 oz ricotta cheese
1/4 cup white sugar
1 tbsp vanilla
2 egg yolks
1/4 tsp salt

Apple Filling:

4 Ontario Honeycrisp apples
1 lemon, juice of
2 tbsp butter
1/4 cup brown sugar
2 tsp cinnamon
1 tsp ginger
1/2 tsp nutmeg
1/4 tsp salt
1 tbsp flour

Smoked Apple and Cheese Strudel

Recipe developed by Philip Lago and Mystique Mattai of Chef Sous Chef

In a medium bowl, mix flour, sugar and salt. Add cubed butter and mix by hand to ensure all butter is well coated. Pour in ice water and mix until just combined.

Empty bowl onto lightly floured surface. Knead until dough is just formed. Wrap and place in the fridge for at least 1 hour.

Meanwhile, in a small bowl, prepare the cheese filling. Mix together ricotta cheese, white sugar, vanilla, egg yolks and salt. Place in fridge until ready to use.

Core and peel the apples. Place in your smoker on low heat and smoke for 45 minutes.

As soon as you remove the apples, preheat a skillet on medium heat. Dice the apples into 1/2-inch dice and toss with lemon juice.

Melt butter in the skillet and mix in brown sugar until combined. Add apples, cinnamon, ginger, nutmeg, and salt. Mix until apples are coated and cook for about 5 minutes. Stir in flour and cook for an additional 2 to 3 minutes. Remove from heat and allow to cool to room temperature.

Remove the pastry dough from the fridge onto a lightly floured surface.

Shape the dough into a rectangle and roll out into a 6 x 12-inch rectangle. Fold the long sides into thirds, turn the dough a quarter turn and roll again into a similar rectangle. Repeat this process 3 times then wrap the dough in plastic wrap and return to your fridge for an additional 30 minutes.

Preheat your oven to 375°F.

Cut the dough in half and return one of the halves to the fridge. On a lightly floured surface, roll the dough out into a 12 x 18-inch rectangle.

Spread half the cheese mixture in the middle of the first third of the short side of the dough. Then spread half the apple mixture on top of the cheese.

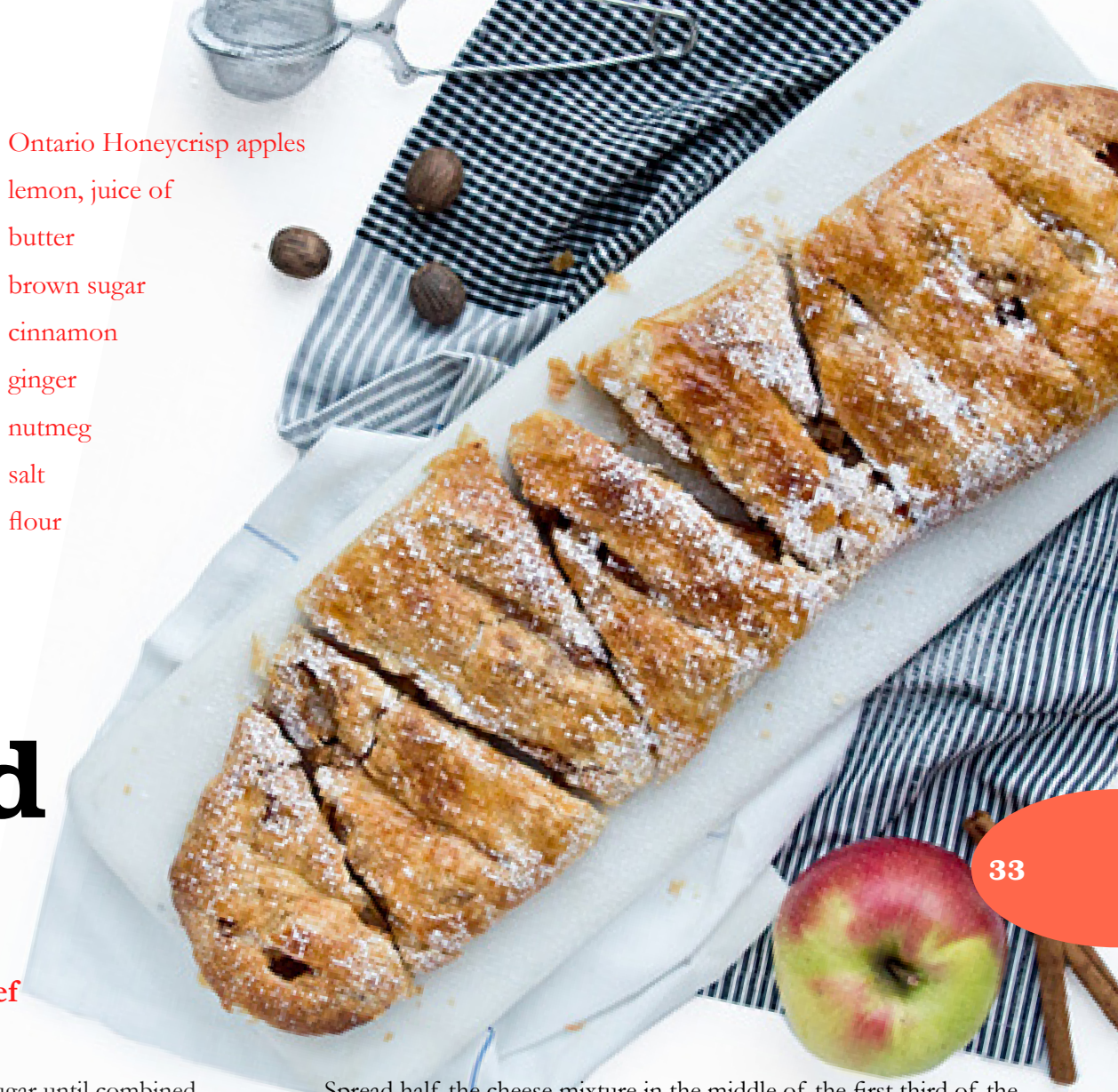
Carefully roll the third of the dough with the mixture over, and then again, ensuring the seam is on the bottom of the pastry. Tuck the edges underneath the bottom of the strudel. Transfer the strudel to a parchment lined baking sheet.

Brush the entire strudel with an egg wash, then cut diagonal slits every inch along the top of the pastry. Sprinkle the top of the pastry with sugar.

Repeat with the second piece of dough.

Bake for 30 minutes, turn the pan and bake an additional 20 minutes. Allow to cool for at least 20 minutes before serving.

Serve with a sprinkle of icing sugar or your favourite ice cream.





These delicious, pretty little buns are filled with chunks of apple, flavoured with a ribbon of cinnamon and topped with a sticky glaze. They're best on the day they're baked. If you can't eat them all up right away, pop them in the freezer to enjoy later, as they freeze beautifully.

Makes 12 buns

Dough:

- 1/2 cup milk, lukewarm
- 1/2 cup water, lukewarm
- 1/4 cup sugar
- 2 1/4 tsp instant or dry active yeast
- 1 egg
- 1/4 cup butter, room temperature
- 1/4 tsp salt
- 3 1/2 to 4 cups all-purpose flour

Filling:

- 1 Ontario Red Prince apple, peeled, cored and cut into 1/4 inch dice
- 2 tsp cinnamon
- 1 tbsp brown sugar

Glaze:

- 1/3 cup butter
- 1/2 cup brown sugar
- 3 tbsp maple syrup

Sticky Apple Cinnamon Rose Buns

Recipe developed by Jennifer Maloney of Seasons and Suppers

In a large bowl or the bowl of a stand mixer fitted with a kneading hook, add warm water, milk and 1 tbsp of sugar. Stir to combine. Sprinkle yeast over top and stir. Allow to stand 5 minutes, until frothy. Add remaining 3 tbsp sugar, egg, butter, salt and 2 cups of the flour. Mix to combine. Begin adding more flour, a bit at a time, until dough comes together. Continue kneading, adding flour as necessary until you have a soft, moist and smooth dough. Remove dough to a greased bowl, cover and allow to rise until doubled, about 45 minutes.

Grease two 6-cup or one 12-cup muffin tins and set aside. Prepare apple filling by combining all ingredients and stirring to combine. Cover and set aside.

Turn dough out on to a floured surface. Roll into a thin rectangle of 16 x 20 inches approximately. Using a 2 3/4-inch cutter, cut 30 circles of dough.

Take 5 circles of dough and place in a line overlapping slightly. Use your rolling pin to lightly roll the line of dough to expand it slightly. Lay a row of apple mixture down the centre of the dough. Starting at the end closest to you, start rolling tightly until you've reached the end.

Using a sharp knife, cut the roll in half (see photo). Place the 2 pieces, cut side down, in cups of the prepared muffin tins. Repeat making 5 more dough rolls like this. You will have 12 rolls when you're done. Cover your rolls with a towel and allow to rise until puffy, about 30 minutes.

Preheat oven to 350°F. When buns have risen, remove towel and place in oven to bake for 15 minutes. While they're baking, heat the glaze mixture in a small saucepan until mixture boils. Remove from heat.

When buns have baked for 15 minutes, remove from oven and lightly coat all the buns with some of the glaze. Return to the oven and bake another 5 minutes, or until buns are golden and glaze is bubbling.

Allow to stand a few minutes, then remove rolls to a cooling rack with a baking sheet underneath. Allow to cool slightly, then brush rolls with remaining glaze mixture, glazing twice if you have more glaze left to use up. Allow to cool until glaze sets completely.





These are like personal-sized Dutch apple pies, only without the fuss of making a crust. Revel in the mess the streusel topping makes. After all, any spills can be scooped up and sprinkled on top for extra crunch.

Makes 4 servings

Hasselbeck Apples:

1 1/3 cups melted butter
1/3 cup brown sugar
1 tsp cinnamon
1 tsp large Ontario Honeycrisp apples

Streusel Topping:

1/2 cup firmly packed brown sugar
1/2 cup all-purpose flour
1/2 tsp cinnamon
1/4 cup butter, room temperature, in cubes
pinch fine sea salt (a generous pinch)
2 scoops vanilla ice cream, optional

Streusel-Topped Hasselback Apples

Recipe developed by Charmian Christie of *The Messy Baker*

Before you begin: Preheat oven to 400°F. Line a rimmed baking sheet with parchment.

Hasselback Apples:

In a small bowl, melt the butter and sugar together in the microwave. Alternatively, melt them in a small saucepan over medium heat. Mix until the sugar is melted. Stir in the cinnamon. Set aside.

Peel the apples, then cut in half from stem to bottom. Using a spoon or melon baller, remove the core, leaving as much of the apple as possible.

Place the apple half cut side down on a cutting board and cut 1/8-inch slices, being careful you don't cut all the way through the bottom. You want the slices to be like the pages of a bound book held together by a sturdy spine.

Place the apples on the prepared baking sheet. Brush with melted cinnamon butter. Cover the pan with aluminum foil and bake for 20 minutes.

Streusel Topping:

In a small bowl, mix the brown sugar, flour, and cinnamon to combine. Toss in the butter cubes and, using a fork, cut the butter into the flour until crumbly.

Remove the apples from the oven. Increase oven to 425°F and remove the foil from the apples. Using the fork, top each apple with a good tablespoon of the streusel, using the tines to press the topping between the slices. Repeat until all the topping is used up. Don't worry if some topping falls into the pan. You can gather this up later for extra crunch.

Return apples, uncovered, to the oven, and bake another 10 to 15 minutes. The apples should be tender but not falling apart. The streusel should be crisp.

Let cool a few minutes. Top with vanilla ice cream, if desired. Scoop up and break apart any fallen streusel to sprinkle on top.

When making baked goods which call for the use of oil, substitute half the oil with applesauce. There will be fewer calories and no difference in taste.



Embrace apple season with this delicious apple crumble pie. It has a thick layer of sweet toffee and crunchy pecan crumble on top of a mound of luscious apple filling.

Makes 8 to 10 servings

For best results, use Ontario Crispin, Idared, Northern Spy, Honeycrisp, or Ambrosia apples.



Dough:

2 cups all-purpose flour, twice sifted
1/2 tsp salt
1/2 cup vegetable oil
1/4 cup milk

Filling:

10 cups sliced Ontario apples, cut 1/4 inch thick (2.5 lbs)
1/2 cup sugar
1/3 cup all-purpose flour
2 tsp ground cinnamon
1/2 cup toffee candy bits

Topping:

1 cup rolled oats
1/2 cup packed brown sugar
1/2 cup all-purpose flour
1/2 cup unsalted butter, softened
1/2 cup chopped pecans
1/2 cup toffee candy bits

Toffee Apple Pecan Crumble Pie

Recipe developed by Lily Ernst of Little Sweet Baker

Before you begin: Preheat oven to 375°F and arrange a rack in the lower third of the oven. Set aside a 9-inch pie plate.

Sift the flour twice, then whisk in the salt and create a well in the centre. Pour in the oil, then milk and stir everything together. If the dough seems too dry, add 1 to 2 tbsp of milk.

Once the dough starts to form, finish working it by gently kneading it on a sheet of wax paper. Roll out between 2 sheets of wax paper. Fit the crust onto your pie plate and finish edges as desired.

For the filling, mix together the sugar, flour, cinnamon and toffee bits. Then toss in the apples to coat and spoon onto prepared crust. Gently pack apples down to avoid gaps during baking.

Mix together all the final ingredients by hand and crumble over the top of the apples.

Place the pie on top of a baking sheet and bake for 1 hour to 1 hour 15 minutes or until the filling is bubbling. Loosely cover with foil after 45 minutes to prevent overbrowning. The baking sheet is used to prevent any of the filling that spills over from burning onto the bottom of your oven.



An apple-filled, donut-like treat sprinkled with cinnamon and sugar. Bonus points — they're only 100 calories each!

Makes about 16 apple rings

Dry Ingredients:

1 1/3 cups all-purpose flour
1/3 cup sugar
1 tsp baking powder
1 tsp cinnamon
1/4 tsp salt

Wet Ingredients:

1 1/4 cups your favourite non-dairy milk
2 tbsp light oil (such as vegetable or canola)
2 tbsp lemon juice
1/2 tsp vanilla extract
2 to 3 Ontario Gala apples, cored and sliced into 1/4 inch rings

Topping Ingredients:

2 tbsp white sugar
1 tsp ground cinnamon
1 tbsp vegan butter, melted

Vegan Baked Apple Cinnamon Fritters

Recipe developed by Sam Turnbull of [It Doesn't Taste Like Chicken](#)

Before you begin: Preheat to 375°F. Line a baking sheet with parchment paper. You may need two sheets.

In a large bowl whisk together the dry ingredients. In a medium bowl, whisk together 3/4 cup non-dairy milk with all the remaining wet ingredients (except for the apple slices). Pour wet into dry and combine until the batter just comes together. If your batter is too thick, add up to 1/2 cup more non-dairy milk to reach a thick batter consistency. Don't over mix — lumps are totally cool.

Take one apple ring at a time, and dunk it in the batter. You can use a spatula to help flip and coat. You want a nice thick coating of batter. This part will be messy!

Place the batter-coated apple on a parchment lined baking sheet.

Bake for 20 to 25 minutes until the batter is puffy and just begins to get golden. Let cool for 5 minutes before handling.

Mix together the sugar and cinnamon for the topping in a small bowl. Brush a little melted vegan butter on the top of a fritter, then sprinkle generously with the cinnamon sugar mix. Repeat with the remaining fritters.

I love them best when still warm from the oven! Omnomnom.

One Ontario apple = one serving of fruits or vegetables.



Possibility grows here.

*Visit www.onapples.com for more great recipes
and other useful tips and information!*