

Maple-Orange-Mustard Ham Glaze

1/2 cup sugar-free pancake syrup

1/4 cup lemon juice

1 teaspoon Splenda

1/4 teaspoon orange extract

1 tablespoon spicy brown mustard

1 tablespoon butter

Combine all ingredients in a saucepan, and simmer over low heat, stirring often, for 5 minutes. Use to baste your ham during the last hour of roasting.