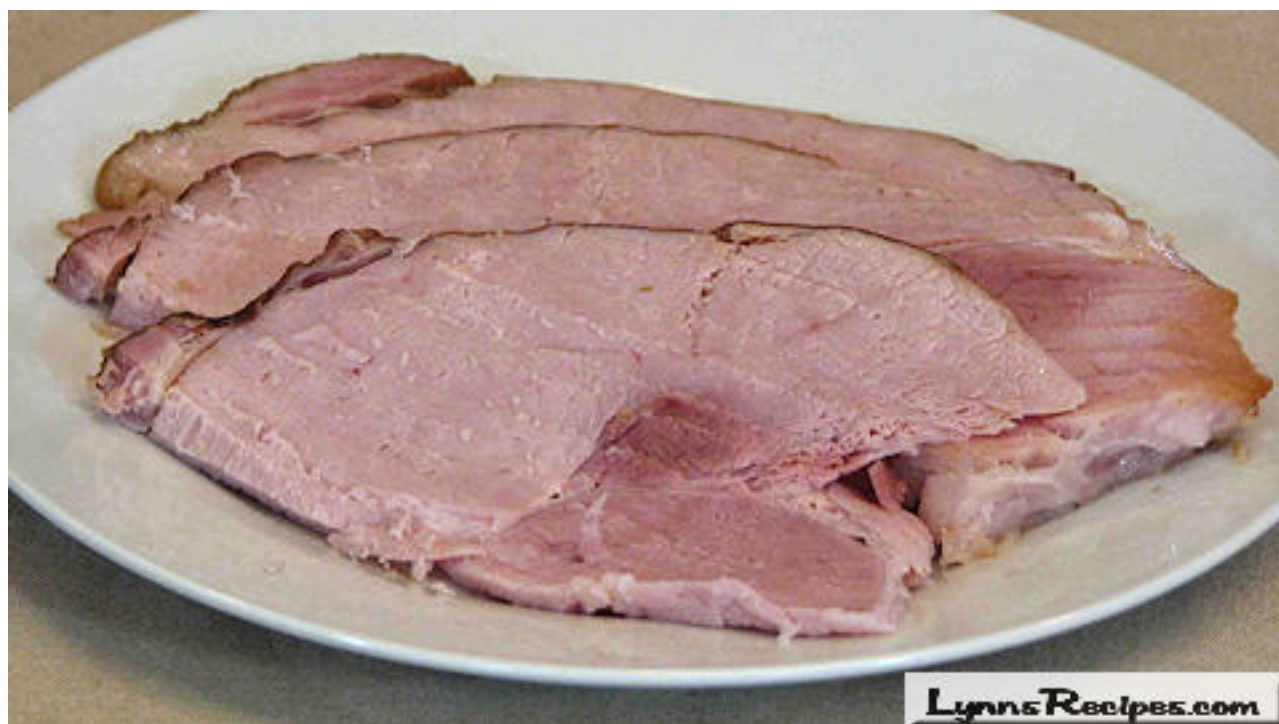


## Crock Pot Ham by Lynn's Recipes

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Lynn demonstrates how to make Crock Pot Ham. A great idea for dinner and leftovers for great sandwiches or casseroles.

### Ingredients:

- 7 pound ham, already cooked
- 2 cups pineapple juice
- 1 cup brown sugar
- ½ cup maple syrup

Unwrap ham and place in Crock Pot. (I always spray my Crock Pot with cooking spray)

Rub ham with brown sugar on all sides.

Pour pineapple juice and maple syrup over the ham.

Cover and cook for 4-5 hours on low.

About an hour before serving, baste with the juices over the ham.

Remove and let it rest for 10 minutes before carving.

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Lynn's Recipes: March 2014  
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