

# Ham Loaf

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Serves 6

Blue – 5 points

Purple – 5 points

Green – 6 points

- 1 1/2 pounds ham loaf mix (or 12 oz ground ham and 8 oz ground pork)
- 1/2 cup bread crumbs
- 2 eggs
- 1 1/2 tsp dry mustard
- 1 tsp salt, optional
- 1/4 cup zero calorie brown sugar substitute (I use Swerve or Sukin Gold)
- 2 tsp vinegar
- 8 oz crushed pineapple, drained

1. Preheat oven to 325.
2. Combine ham loaf mix, bread crumbs, eggs, dry mustard and salt. Place in loaf pan
3. Mix brown sugar, vinegar and pineapple. If too dry add 1 Tbsp water
4. Spread over hamloaf

5. Bake at 325 for 1 hour