

Spiced Fruit

$\frac{1}{2}$ pound prunes
 2 oranges dliced
 3 med. bananas, sliced
 $\frac{1}{2}$ cup sliced, seeded grapes
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ cup honey
 1 cup 7-Up

Place prunes in a pan and cover them with water. Cook prunes over low heat until tender, about 30 to 45 min. Add oranges during last 10 to 15 min. of cooking time. Cool, stir in bananas and grapes. Mix cinnamon with honey and stir in 7-Up. Pour over fruit and serve. Makes 6 servings.

Apricot Glaze for Ham

Slowly stir 1 bottle 7-Up into 1 jar apricot preserves. Blend in $\frac{1}{2}$ cup brown sugar, 1 teaspoon ground cinnamon, $\frac{1}{2}$ teaspoon ground cloves, baste ham with mixture during last half hour of baking. (7 oz. 7-Up and 12 oz. preserves)

Mustard Glaze

Excellent with roast lamb. Combine 1 bottle (7oz.) 7-Up, 1 jar (1 oz.) prepared mustard, $\frac{1}{2}$ cup brown sugar, 2 teaspoons prepared horseradish and 1 tablespoon Worcestershire sauce. Use half of glaze to baste roast during baking. Serve remainder as sauce with meat.

Basted Chicken

Season 2 to 2 $\frac{1}{2}$ pound chicken (cut up) with pepper and celery salt. Arrange in baking pan. Bake in 350 F oven for 45 min. to 1 hour, basting occasionally with 1 bottle (7oz.) 7-Up.

Gala Glaze for Duck

Mix $\frac{1}{2}$ cup brown sugar, 1 tablespoon cornstarch, 1 teaspoon caraway seeds, and $\frac{1}{4}$ teaspoon salt in saucepan. Stir in 1 bottle (7oz.) 7-Up. Cook over low heat, stirring until slightly thickened. Add 1 cup halved seedless white grapes and cook until sauce is thickened. About half an hour before duck has finished baking, spoon on glaze. Makes 4 to 6 serv.

Cranberry Sauce

Cook fresh cranberries in 7-Up for special flavor. Combine 4 cups cranberries, 1 $\frac{1}{2}$ cups sugar and 1 bottle (7 oz.) 7-Up in saucepan. Cook until cranberries "pop". Cool before serving.