



Pumpkin Cranberry Steel Cut Oatmeal



Developed by Hungry Girl. Brought to you by [McCann's](#)!

Entire recipe: 222 calories, 2.5g total fat (0.5g sat fat), 157mg sodium, 44.5g carbs, 7g fiber, 12g sugars, 4.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes **Cook:** 35 minutes 

Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving](#), [5 Ingredients or Less](#)

Ingredients

- 1/4 cup [McCann's Traditional Steel Cut Irish Oatmeal](#)
- 1 packet no-calorie sweetener
- 1/8 tsp. cinnamon (we love [Spice Islands!](#))
- 1/8 tsp. pumpkin pie spice, or more for topping
- Dash salt
- 3 tbsp. canned pure pumpkin
- 2 tbsp. sweetened dried cranberries, chopped

Directions

In a medium-small pot, bring 1 1/4 cups of water to a boil.

Add oatmeal, sweetener, and seasonings, and return to a boil.

Reduce to a low simmer. Stirring occasionally, cook for 30 minutes, or until thickened.

Add pumpkin and half of the cranberries. Cook and stir until hot and well mixed, about 2 minutes.

Serve topped with remaining cranberries.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.