



# 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

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



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## 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**

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