

PUMPKIN CRANBERRY OATMEAL

INGREDIENTS

1/4 CUP STEEL CUT QUICK OATS

1 PACKET NO-CALORIE SWEETENER

1/8 TSP. CINNAMON

1/8 TSP. PUMPKIN PIE SPICE

DASH SALT

3 TBSP. CANNED PURE PUMPKIN

2 TBSP. SWEETENED DRIED CRANBERRIES, CHOPPED

DIRECTIONS

1. IN A MEDIUM-SMALL POT, BRING $\frac{3}{4}$ CUPS OF WATER TO A BOIL.
2. ADD OATMEAL, SWEETENER, AND SEASONINGS, AND RETURN TO A BOIL.
3. REDUCE TO A LOW SIMMER. STIRRING OCCASIONALLY, COOK FOR 3 MINUTES, OR UNTIL THICKENED.
4. ADD PUMPKIN AND HALF OF THE CRANBERRIES. COOK AND STIR UNTIL HOT AND WELL MIXED, ABOUT 2 MINUTES.
5. TOP WITH REMAINING CRANBERRIES AND ENJOY!

