

Pumpkin steel-cut oatmeal



Ingredients

2 cups low-fat milk
2 cups cold water
1 cup steel-cut oats
Salt
1 cup unsweetened pumpkin puree
1/3 cup unsweetened applesauce
1½ tablespoons pure maple syrup
½ teaspoon pure vanilla extract
1 teaspoon pumpkin pie spice
¼ cup coconut chips
¼ cup dried cranberries

Directions

In large saucepan over medium-high heat, bring the milk and water to a boil.

Stir in the oats and ¼ teaspoon of salt. Bring to a simmer, then reduce the heat and cook uncovered. Stir occasionally until the oats are tender but the mixture is still moist, about 22 minutes.

Stir in the pumpkin, applesauce, maple syrup, vanilla and pumpkin pie spice. Continue to cook until heated through, about three minutes.

Spoon the oatmeal into bowls, sprinkle with coconut chips and dried cranberries. Serve warm.

Nutritional Information (serves 4)

Calories 305
Protein 11 grams
Carbohydrates 56 grams
Fiber 7 grams
Fat 5 grams

