

Cranberry Maple Steel Cut Oatmeal

Ingredients/Shopping List

- 1 cup steel cut oats
- 2 cups water or milk
- ¼ teaspoon salt
- 2 cups cranberries (fresh, or frozen and thawed)
- ¾ cup water
- 2 tablespoons maple syrup
- Orange juice and zest from 1 whole orange (about ½ cup juice)
- 1 teaspoon cinnamon
- 1/3 cup toasted pecans for garnish

Instructions

1. Bring 2 cups of water or milk, and salt to a boil. Then add steel cut oats. Reduce heat to a low simmer. Cover and cook, stirring occasionally, 15-20 minutes. Remove from heat and let stand covered for a couple of minutes before mixing.
2. Meanwhile, combine cranberries, ¾ cups water, syrup, orange juice, zest, and cinnamon in a medium-sized saucepan over low heat. Bring to a gentle simmer and cook until cranberries have softened completely and liquid is bright red, about 10 minutes.
3. Mix ½ of the cranberry sauce into the cooked oatmeal and stir until incorporated. Divide oatmeal among 4 bowls and top with remaining cranberry sauce and pecans. Add more syrup if desired.