



RECIPE ROUND-UP: TOP 10 HEALTHY COLD-WEATHER COMFORT FOODS

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When the temperature dips, our bodies naturally start to crave hearty, comforting foods. However, that's no excuse to get off track and skip out on nourishing healthy meals you can make at home. We've got you covered with a roundup of healthy cold weather comfort foods that include everything from soups and stews to hot chocolate and sweet treats.

Keep reading to find our favourite good-for-you comfort food recipes that are sure to satisfy all of your cravings.

1. Butternut Squash Casserole from Oh She Glows



This is a fantastic way to showcase the best of cold weather produce while checking all the boxes for comfort and taste. The guilt-free recipe can be made ahead of time, so it's great for when you want to prep something to last for the week. It's vegan and gluten-free and oh so comforting!

2. Curry Cauliflower Quinoa Stew from Joyous Health





This incredibly flavourful and warming stew is the epitome of comfort food. It's filled with fiber thanks to the veggies, plant-based protein from the quinoa, and is highly anti-inflammatory thanks to the curry. The best part? It's a one-pot meal so preparation and cleanup is a breeze.

3. Creamy Coconut Chai Spiced Oatmeal from Health Nut Nutrition





Colder mornings call for a hearty breakfast and this spiced bowl of oats is perfect to enjoy as a part of a cozy morning. It's naturally sweetened with mashed banana which adds a creamy texture and makes them that much more irresistible.

4. Creamy Tomato Coconut Milk Soup from The Dish on Healthy



Tomato soup is a cherished cold-weather staple and this recipe is a healthy take on the traditional recipe. Instead of being creamy, it's made with full-fat coconut milk and the

traditional recipe. Instead of heavy cream, it's made with full-fat coconut milk and the crispy roasted chickpeas substitute croutons in the most perfect way. If you're looking for an easy soup recipe you can make from scratch — this is it!

5. Healthy Apple Crisp with Coconut and Pecans from The Endless Meal



If you're looking for a hearty and delicious sweet treat that you can also feel good about sinking your teeth into, look no further. This healthy apple crisp is made without any flour, butter, or refined sugar and the coconut and pecan oat crumble make for the perfect crunchy topping. Be prepared to fall hard for this 'healthy' treat!

6. Weeknight Chicken Curry from I v l i g h t



This warming chicken curry is made with only seven ingredients (that you likely already have on hand) and it might just become your new staple during the cooler winter months. It's a little spicy so make sure to adjust to your personal preference. You can also easily make a vegan version by subbing the chicken for cauliflower and chickpeas.

7. Superfood Hot Chocolate from The Healthy Maven

Superfood
HOT CHOCOLATE



This healthy take on hot chocolate is the perfect drink to snuggle up with after spending the day outdoors. It's packed with immune-boosting, antioxidant-filled ingredients including coconut, turmeric, and raw cacao, which make this a winter drink you can really feel good about drinking.

8. Black Bean Sweet Potato and Quinoa Chili with Smoked Chipotle from Ambitious Kitchen





This filling bowl of comfort is so versatile and makes for the ideal meal prep for a busy week ahead. It's also full of warming spices including turmeric, cumin, chili powder, and cinnamon. It makes for the perfect meal on a chilly winter day!

9. Sweet Potato Chocolate Cake Bites from Savory Nothings





This sweet potato chocolate cake makes for great bite-sized treats when a craving for sweets kicks in but you want to control your portions. Each piece is fudgy and decadent, but not overly sweet. It's high in fiber thanks to the sweet potato and buckwheat and pairs perfectly with a cup of warmed almond milk or your favourite tea.

10. Pumpkin Cornbread Muffins from Eating Bird Food



These healthy pumpkin cornbread muffins will make the perfect addition to any soup and stew you prepare. Made with whole grains, a medley of spices, and plant-based milk, they are scrumptious. The best part? You won't be able to tell that it's a 'healthy' version and it still has that sweetness we all love without being overpowering.