

6 Cozy Fall Recipes to Warm You Up Right Now



Since we just moved to Colorado in time for winter, we're enjoying the brisk mountain air, and finding creative ways to warm up! Warmth is the name of the game in the fall and winter seasons and there's nothing like cozy flavors and dishes to do the trick. Chilly temps also mean we're home more often and hosting guests is one of our favorite ways to be social and well-fed! The best part is - we only make easy recipes in our house. We've taste-tested all of these and they're winning staples, which means we'll be making them again. In my mind, the key to making a cozy, or meal that brings you warmth includes:

Spices - You'll never regret having a fully stocked repertoire of spices - unless, of course, if you don't use them! Cinnamon, nutmeg, cloves, cumin, chili powder all have warming properties and just smell, and taste comforting. Give your taste buds a zip with spicy heat too like that found in jalapeños, chili sauce, any hot sauce, or almost any pepper

Warm Temperature - Any meal that's served warm is a quick way to bring up your body temperature

Texture - Crispy, toasty, simmering, hearty (cubed ingredients) and even silky foods like smooth soup broth are associated with warmth

Here are my Rebeccammended cozy, warm recipes that we can't get enough of!

1. [Crispy Baked Falafel](#)

These baked, nutty, savory, crispy falafel patties from [Just a Taste](#) are vegetarian, vegan and packed with protein and herbaceous flavors! Typically, Mediterranean falafel is deep fried, but in an effort to make these lighter, healthier, and less greasy, we went with baked - and they left nothing to be desired! The hardest part was being patient as we soaked dried chickpeas for 24 hours (actually, a

little more). We made them one Saturday afternoon for a snack (mostly because we wanted to use the soaked chickpeas right when they were ready), dipped them in our favorite hummus, squeezed a couple drops of lemon on each bite and went to town. The cumin and crispy edges right out of the oven warmed us right up!



2. [Crock Pot Chicken Pho Vietnamese Soup](#)

If you're looking for a dish that looks way fancier than how easy it is to make, this Crock Pot Chicken Pho from [Served from Scratch](#) is your next dinner party dish - and it's basically a one-bowl meal! You just need a crock pot and a day to let it simmer, but the combination of star anise and cloves steeped in the chicken broth really warms you up as you slurp the rice noodles right up. Add a dollop of chili sauce and swirl it around for an extra kick! Dice up your favorite fresh accoutrement for a vibrant look and a touch of the garden.







3. Fall Fruit, Squash, and Kale Salad with Apple Cider Tahini Maple Vinaigrette Dressing

Okay, a salad isn't the first thing that comes to mind for a warming recipe, but there's something about butternut squash that's been roasted that just feels good in the fall season, along with the woody flavor of maple syrup paired with nutty tahini (sesame paste), and dark kale leaves that sets a cozy tone. This one I dreamed up while at the grocery store.



4. [Baked Berry Oatmeal](#)

For a warm brunch option on a chilly day, this [Blueberry Coconut Baked Oatmeal](#) from Love and Lemons is a crowd-pleaser - or enjoy it yourself - make it for the week and scoop up a serving or two in the morning. Perfect to make ahead for a post-holiday brunch too! In fact, it could probably be a dessert! We switched up the fruit and included figs (since they're available for a hot minute only each fall), and fresh cranberries and blueberries. You can use any of your favorite fruits and nuts! The recipe calls for hemp seeds and flax seed to amp up the health factor, and the toasted coconut provides comfort galore.



5. [Quinoa Stuffed Poblano Peppers with Dairy-Free Avocado Lime Crema](#)

We're trying to be more veggie-forward so I was looking for a recipe that would be filling and flavorful, and bring some heat. I've always wanted to make stuffed poblanos so this weekend, we gave it a try. It was so easy! And, the aroma and sight of roasted poblano peppers makes me feel all toasty inside - see?





6. [The Best Minestrone Soup](#)

This soup. We've made it no less than 8 times this past year and it wins every time! [Here's the recipe](#) and more about why we love it so much!





So there you have it - tried and true, tasted, and tested, toasty meals to warm you and yours up this holiday season. **What are your favorite recipes for cold winter days?**