5 Fun Recipes For the Winter Months

Hello [[firstname]],

Winter is a time of holidays and indulging in foods and life itself. The only issue with this is that many recipes are just recycled year after year. Though you may have your favorites that you want to keep on your list, there are many other fun recipes that are quick, easy, and in some cases even healthy for the winter months. Here are some to consider and a quick glimpse at how to make them.

**Black Bean Chili**

Chili is usually a staple in most homes during the fall and winter months. It is quick, easy, and can even be made in the slow cooker if you are running low on time you have to stand over the dish and make it. One way you can change it up is by replacing the normal beans you use with black beans. Black beans are high in folate as well as protein. You can add more tomatoes to boost your vegetables as well as garlic to help with cardiac health.

**Overnight Superfood Oatmeal**

Overnight oats have become increasingly popular with people who are rushed in the morning, but want to make sure they get what they need in nutrients. You can build on the concept of steel cut or regular rolled oats overnight oatmeal by adding superfoods to the mix. Consider adding bananas that contain high amounts of folate and potassium. You can also add nuts that add a protein and folate. A dash of fruit flavored superfood powder can add a nice touch as well. Remember, overnight oats can be heated in the morning or left cold depending on what you like.

**Pumpkin Mac and Cheese**

There is no food that says winter more than pumpkin. Pumpkin seems to be in everything, and now it is in mac and cheese. If you are looking for a fun way to change up your mac and cheese, consider adding some pureed pumpkin, It will give it a cozy winter taste and make you feel warm and comforted just like the dish always has. It will also give you a boost of nutrients you would not normally gleen from simple mac and cheese.

**Slow Cooker Buffalo Chicken Bites**

If you want an easy, warm, and filling winter dinner consider making slow cooker buffalo chicken bites. All you need is flour tortillas, cream cheese, buffalo wing sauce, and chicken. Put several chicken breasts into your slow cooker with a half cup of water. Cook on low for four to six hours. Drain the excess fluid and shred the chicken with a fork. Toss the shredded chicken in buffalo wing sauce. Spread room temperature cream cheese on the tortillas and spread buffalo chicken over that. Roll the tortilla and cut into round bites.

**Roasted Cinnamon Butternut Squash**

If you are on a vegan diet or if you are looking for a vegan meal for a once a day option, consider roasted cinnamon butternut squash. Just cut your squash in half and drizzle with oil and cinnamon. Bake for about half an hour on 425 degrees. Bake until tender and remove from the oven. Cut the squash into cubes and toss in more cinnamon if needed.

These are only a few of the many recipes that you can start creating this winter. After a time, you may find yourself adapting your own flavor to them and making them a new winter favorite for you and your family.

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