



Fika: The Art of The Swedish Coffee Break, with Recipes for Pastries, Breads, and Other Treats

Anna Brones, Johanna Kindvall

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An illustrated lifestyle cookbook on the Swedish tradition of *fika*--a twice-daily coffee break--including recipes for traditional baked goods, information and anecdotes about Swedish coffee culture, and the roots and modern incarnations of this cherished custom.

Sweden is one of the world's top coffee consuming nations, and the twice-daily social coffee break known as *fika* is a cherished custom. Fika can be had alone or in groups, indoors or outdoors, while traveling or at home. A time to take a rest from work and chat with friends or colleagues over a cup and a sweet treat, fika reflects the Swedish ideal of slowing down to appreciate life's small joys. In this adorable illustrated cookbook, Anna Brones and Johanna Kindvall share nearly fifty classic recipes from their motherland—from cinnamon buns and ginger snaps to rhubarb cordial and rye bread—allowing all of us to enjoy this charming tradition regardless of where we live.

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