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"Fika is the Swedish coffee break", explains Anna, "the word can be used as both a noun and a verb, but it usually indicates a small break, usually with coffee but you can also have tea,

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*and often...
What is fika? Everything you
need to know about the art
of ...*

The art of Swedish fika is
more about how you do it
than where. It involves

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taking a short break or two throughout the day to relax, connect, and reflect. As simple as that. One of the best spots, where the goodies usually tastes even better is outdoors, summer or winter.

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...

Fika is not only a noun and
a verb, it is a Swedish

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concept and state of mind. Fika is known as a coffee break but it is much more than that! Fika is a moment to slow down, to appreciate the good things in life. To unplug from the ever busy world we live in and embrace

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The art of Fika, What is

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for Pastries, Breads, and
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irresistible cookbook for
this Swedish-American with a
life-long love of coffee.

Even many of us attenuated
Scandinavians born in
America maintain that love
of coffee and all the ritual
of a coffee break, making

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this just the perfect book
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*Fika: The Art of The Swedish
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...

An illustrated lifestyle
cookbook on the Swedish

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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

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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: The Art of The Swedish

Page 26/52

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An illustrated lifestyle
cookbook on the Swedish
tradition of fika--a twice-
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information and anecdotes
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*Fika : the art of the
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Fika: The Art of the Swedish
Coffee Break - A Look Behind
the Scenes "Functioning as
both a verb and a noun, the
concept of fika is simple.
It is the moment that you
take a break, often with a

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cup of coffee, but alternatively with tea, and find a baked good to pair with it. You can do it alone, you can do it with friends.

Fika: The Art of the Swedish

Page 30/52

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The Swedish Coffee Break
Coffee Break – Behind the
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In Sweden, taking a break from the workday to have coffee is a daily ritual in an art form, very much like Danish hygge, its meaning does not directly translate

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but is integrated into Sweden's everyday cultural life. Fika is both a noun (fika) and a verb (to fika). A Swedish colleague may tell you, "It is time to fika."

FIKA: The Swedish Art of

Page 32/52

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Having Coffee – Alexandra
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As we write in Fika: The Art of the Swedish Coffee Break, "Functioning as both a verb and a noun, the concept of fika is simple. It is the moment that you take a

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break, often with a cup of coffee, but alternatively with tea, and find a baked good to pair with it. You can do it alone, you can do it with friends.

What Is Fika? An

Page 34/52

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*Introduction to the Swedish
Coffee Break . . .*

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Fika - The Art of the
Swedish Coffee Break is my
1st book. The book is a
collaboration together with
food writer Anna Brones.

Published by Ten Speed

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Press, Spring 2015. The book
is a celebration of the
Swedish coffee break, fika.

*Fika - The Art of the
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JOHANNA ...*

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coffee culture, and the
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The Art Of FIKA March 22 .

Page 38/52

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Använd varje dag i karantän genom att lära dig något nytt som du kan hjälpa någon annan med... det vinner alla på!

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...

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"Fika in Sweden is when you sit with your family, friends, colleagues, etc. and take a coffee or tea, often with something sweet on the side. Fika is Swedish for a coffee break but it is more about socializing than

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drinking coffee. Here in
Sweden we can fika several
times during one day -- we
love our Fika!

*Nordic Eats: The Swedish Art
of Fika*

Three years ago today, Fika

Page 43/52

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The Art of The Swedish
Coffee Break came into the
world. Over the last three
years, it has been so much
fun seeing all the places
that this book ends up. I
love hearing from readers
when they bake a recipe or

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Page 46/52

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The Swedish Art of Fika
Article by Hanna Glover May
1, 2019 With end-of-semester
deadlines fast approaching,
it's never been more
important for you to pause
and take a moment for

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yourself. Hanna Glover
explains why university
students should be
incorporating a Swedish-
style coffee break into
their daily routine.

The Swedish Art of Fika |
Page 48/52

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