
Fika The Swedish Art Of Feeling Good Coffee Cake

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 Fika
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 Smorgasbord
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Coffee Cake*

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WARE OBRIEN

The Finnish Way Ryland Peters & Small

Just like the Swedish Fika, Fika Fix is designed to pick you up when your cup feels half empty, and energize you to smile and feel good - now! Filled with recipes, stories and fun facts about coffee and funny, inspirational quotes, Fika Fix not only makes you feel better, but helps you live a happier life one sip at a time. In this book, you will learn about the social aspects, pleasures and values of coffee, and how coffee was used as a death penalty and reason for divorce, and to win wars and start revolutions.

Swedish Fika Simon and Schuster

Introducing Alaska's answer to the Pioneer Woman: Two sisters share their remarkable life story as fisherwomen of the Aleutian Islands—plus 50 sustainable seafood recipes that honor the beauty of wild foods. Share in the remarkable and wild lives of Emma Teal Laukitis and Claire Neaton, the Salmon Sisters, who grew up on a homestead in the Aleutians where the family ran a commercial fishing boat in the Alaskan sea. Their book reveals

through stories, recipes, and photography this outward-bound lifestyle of natural bounty, the honest work on a boat's deck, and the wholesome food that comes from local waters and land. Here are creative and simple ways to enjoy wild salmon, halibut, and spot prawns, as well as simple crafts and ideas for exploring the natural world. The sisters are committed to sustaining and celebrating the seafaring community in Alaska, and their business of selling products related to and from the ocean donates a can of wild-caught fish to local food banks for each item purchased. "To flip through the pages of Emma Teal Laukitis's and Claire Neaton's new cookbook . . . is to be whisked away on an adventure in the country's northernmost state." —Martha Stewart

Fika Pelican Publishing Company

The first cookbook of its kind, *The Culinary Cyclist* is a gorgeous staple for any kitchen where bicycling and healthy, delicious food are priorities. This lovingly illustrated cookbook is your guide to hedonistic two-wheeled living. Recipes are all gluten free and vegetarian. Decadent basics such as a creamy sea salt chocolate cake and baked eggs in avocado halves are paired with cheerful instructions for gracefully hosting a dinner party, gifting food,

bulk shopping by bicycle, and two-wheeled picnics. The cookbook is suitable for experienced cooks looking to add kitchen flair to their repertoire as well as beginners in the kitchen who want to start out their culinary lives on the right foot.

A New Way to Bake Whalen Book Works

"Pat's recipes take you to Scandinavia with ease and without a plane ticket. Simple and elegant yet sophisticated."--George Geary, author of *The Complete Baking Cookbook: 350 Recipes from Cookies and Cakes to Muffins and Pies* "I can imagine Scandinavian Classic Baking as a parent's gift to a daughter or son, and passed down along the generations. I'm impressed with the level of detail provided."--Kim Ode, author of *Baking with the St. Paul Bread Club Distinguished* by hints of cardamom, cinnamon, nutmeg, and orange peel, these sweet yeast breads, berry-studded tarts, and nutty pastries offer the most memorable flavors of Scandinavian cuisine. Gorgeously photographed, the authentic recipes range from hearty and wholesome Scandinavian Rye Bread, Swedish Lucia Buns, and Mini Princess Cakes to the traditional and venturesome Danish Aebleskiver, Norwegian Fattigmann, and Sandbakkels. The book, organized by type of dish, includes information about each of the countries that make up Scandinavia along with anecdotes and notes about traditions, holidays, and baking tips and tricks. Featuring photographs from around the region and information on where to find the equipment for specialty baking endeavors, this cookbook invites bakers of all levels to experience Northern Europe's best coffee breads, cakes, cookies, and tarts.

Swedish Fika Palgrave Macmillan

Lagom: n. just the right amount, balanced, harmonious. This beautiful, fresh cookbook offers genuine insight into how Swedes eat and cook - with recipes that fit around the seasons, occasions, times of day, and appetite. Eating and cooking in tune with 'lagom' means embracing food that is good for body and soul, unfussy, delicious and sustaining, and all in harmony. The Swedes understand that balance is everything - that you crave comforting food when a bitter wind is howling outside, that refreshing, lighter meals suit hot, hazy days, that a mid-morning bun is good for morale, and that a long, sociable lunch with friends and family on a Sunday is the most rewarding way to end the weekend. There is a time and place for every kind of food, and when everything is in equilibrium, you will be content and satisfied. Steffi Knowles-Dellner is a Swedish food stylist and blogger who will introduce you to the unique Swedish concepts that encapsulate lagom, in this her debut book. From the well-known smörgåsbord table of open sandwiches, and Fredags mys ("cosy Fridays") when hunkering down on a cosy sofa and tucking into tacos is a must, all the way to the irresistible idea of lördagsgodis - a single day for eating sweets to satisfy even the sweetest tooth.

The Scandinavian Home Hardie Grant Publishing

A must-have for every baker, with 130 recipes featuring bold new flavors and ingredients. Here is the go-to cookbook that definitively ushers the baking pantry beyond white flour and sugar to include natural sweeteners, whole-grain flours, and other better-for-you—and delicious—ingredients. The editors at Martha Stewart Living have explored the distinctive flavors and alluring textures of these healthful foods, and this book shares their very best results. *A New Way to Bake* has 130 foolproof recipes that showcase the many ways these newly accessible ingredients can transform traditional cookies, pies, cakes, breads, and more. Chocolate chip cookies gain greater depth with earthy farro flour, pancakes become protein powerhouses when made with quinoa, and lemon squares get a wonderfully crumbly crust and subtle nutty flavor thanks to coconut oil. Superfoods are right at home in these baked goods; granola has a dose of crunchy chia seeds,

and gluten-free brownies have an extra chocolaty punch from cocoa nibs. With a DIY section for making your own nut butter, yogurt, coconut milk, and other basics, and more than 150 photographs, including step-by-step how-to images, *A New Way to Bake* is the next-generation home-baking bible.

ScandiKitchen: Fika and Hygge Penguin UK

A follow-up to the successful 'The ScandiKitchen' (published September 2015), this new book from Brontë Aurell features over 60 recipes for cakes, bakes and treats from all over Scandinavia. From indulgent cream confections to homely and comforting fruit cakes and traditional breads, sweet buns and pastries.

Swedish Cakes and Cookies Skyhorse Publishing Inc.

"Good cooking depends on two things: common sense and good taste." In England, no food writer's star shines brighter than Simon Hopkinson's. His breakthrough *Roast Chicken and Other Stories* was voted the most useful cookbook ever by a panel of chefs, food writers, and consumers. At last, American cooks can enjoy endearing stories from the highly acclaimed food writer and his simple yet elegant recipes. In this richly satisfying culinary narrative, Hopkinson shares his unique philosophy on the limitless possibilities of cooking. With its friendly tone backed by the author's impeccable expertise, this cookbook can help anyone--from the novice cook to the experienced chef--prepare delicious cuisine . . . and enjoy every minute of it! Irresistible recipes in this book include: Eggs Florentine Chocolate Tart Poached Salmon with Beurre Blanc And, of course, the book's namesake recipe, Roast Chicken Winner of both the 1994 Andre Simon and 1995 Glenfiddich awards (the gastronomic world's equivalent to an Oscar), this acclaimed book will inspire anyone who enjoys sharing the ideas of a truly creative cook and delights in getting the best out of good ingredients.

Hello, Bicycle Rowman & Littlefield

★ ENJOY YOUR MOMENTS OF FIKA WITH THESE 35 DELICIOUS AND SIMPLE RECIPES FROM SWEDEN ★ "Moments of Fika" beckons you into the heart of Sweden's cherished tradition of Fika, where the scent of freshly brewed coffee intertwines with the tantalizing smells of delectable pastries and savory treats. This collection of recipes and insights captures the essence of a cultural phenomenon deeply embedded in Swedish daily life—the art of Fika. Chapter by chapter, the book weaves a narrative that transcends recipes, diving into the cultural intricacies of Fika. Classic cookies, tempting treats, alluring pastries, satisfying sips, seasonal specials, sweet surprises, Fika fusions, irresistible Fika homemade bread, and the importance of Fika in social connections—all chapters echo the essence of Swedish lifestyle and hospitality. In crafting "Moments of Fika," the goal was not merely to compile recipes but to encapsulate the essence of Swedish Fika—a celebration of togetherness, a pause in the hustle, and an appreciation for life's simple pleasures. In every chapter, the Swedish principle of "lagom" resonates - the perfect balance, not too much, not too little - creating a Fika experience that is harmonious and meaningful. As you embark on your Fika journey with this book in hand, may every page bring you closer to the warmth, simplicity, and joy that define Swedish coffee culture. ★ GET YOUR COPY NOW! ★

The Scandinavian Guide to Happiness Andrews

Mcmeel+ORM

An inviting exploration of "the new hygge": the Swedish concept of lagom—finding balance in moderation—featuring inspiration and practical advice on how to find a happy medium in life, home, work, and health. Following the cultural phenomena of fika and hygge, the allure of Scandinavian culture and tradition continues in the Swedish concept of lagom. From home design and work-life balance, to personal well-being and environmental sustainability, author Anna Brones presents valuable Swedish-

inspired tips and actionable ways to create a more intentional, healthy lifestyle. Instead of thinking about how we can work less, lagom teaches us to think about how we can work better. Lagom at home is about finding balance between aesthetics and function, focusing on simplicity, light, and open spaces. Health and wellness in lagom is a holistic approach for the body and mind, including connecting more in person, caring for self, managing stress, keeping active, and embracing enjoyment in daily routine. Live Lagom inspires us to slow down and find happiness in everyday balance.

Villa Volvo Vovve Ten Speed Press

An engaging and practical guided tour of the simple and nature-inspired ways that Finns stay happy and healthy--including the powerful concept of sisu, or everyday courage Forget hygge--it's time to blow out the candles and get out into the world! Journalist Katja Pantzar did just that, taking the huge leap to move to the remote Nordic country of Finland. What she discovered there transformed her body, mind and spirit. In this engaging and practical guide, she shows readers how to embrace the "keep it simple and sensible" daily practices that make Finns one of the happiest populations in the world, year after year. Topics include: Movement as medicine: How walking, biking and swimming every day are good for what ails us--and best done outside the confines of a gym Natural mood boosters: Cold water swimming, steamy saunas, and other ways to alleviate stress, anxiety, insomnia, and depression Forest therapy: Why there's no substitute for getting out into nature on a regular basis Healthy eating: What the Nordic diet can teach us all about feeding body, mind and soul The gift of sisu: Why Finns embrace a special form of courage, grit and determination as a national virtue - and how anyone can dig deeper to survive and thrive through tough times. If you've ever wondered if there's a better, simpler way to find happiness and good health, look no further. The Finns have a word for that, and this empowering book shows us how to achieve it.

Swedish Traditions CICO Books

A grandmother shares the history of a special day with her grandchildren in this charming story about the origins of Martinmas, celebrated on November 11th. This beautiful book with original acrylic paintings by Heather Sleightholm makes an excellent addition to any Christian child's library with information about St. Martin, a hero of the early church.

Fika Fix Your Life Hardie Grant Publishing

The basis for the wonderfully funny and moving TV series developed by Amy Poehler and Scout Productions A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In Sweden there is a kind of decluttering called *döstädning*, *dö* meaning "death" and *städning* meaning "cleaning." This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than later, before others have to do it for you. In *The Gentle Art of Swedish Death Cleaning*, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to embrace minimalism. Her radical and joyous method for putting things in order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you'd ever use) and which you might want to keep (photographs, love letters, a few of your children's art projects). Digging into her late husband's tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

Snow on Martinmas U of Minnesota Press

This book investigates how arts-based research methods can positively influence people's resilience and well-being, particularly in constraining environments. Using examples from arts-based research methods in different contexts and from across the globe, the book brings together a diverse range of perspectives to understand how both resilience and well-being can be supported in a world that is rarely stress free. Collectively they demonstrate how arts-based research methods can: provide agency through the foregrounding of participants' voices; afford transformational learning opportunities; create opportunities for relationship building; support creativity and new ways of thinking; generate aspirations and hope; encourage forms of communication that expose ideas, emotions and feelings that previously might not have been known or known how to be expressed; and enhance reflection and reflexivity. The authors explore how art-based practices, such as clowning, collage, dramatisation, drawing, painting, role-play and sculpting, can be used to support the resilience and well-being of individuals and groups across the lifespan, and theorize how arts-based research methods can positively contribute to participants' positive self-esteem, self-image and ability to cope with challenges and new circumstances. Academics, professional learning facilitators, higher education students, and anyone interested in resilience and well-being in the health and education sectors will find this an interesting and engaging text.

The Little Book of Fika CICO Books

15 Minute Vegan: On a Budget features 100 recipes for home cooks who want to create effortless, fast and delicious vegan food, without the price tag often associated with vegan cooking. All of the ingredients can be purchased in supermarkets and every recipe is ready in 15 minutes or less. Katy Beskow challenges the perception that vegan cooking is expensive, and shows that veganism is for all by using ingredients that are readily available and need no specialist equipment. This is a book for both non-vegans and vegans who want to try reduce food costs without sacrificing flavour. Chapters include: Leftovers (Potato peel crisps, Panzanella, Pitta chips); From the Cupboard (Spanish chickpea stew, Thai slaw, Black bean mole); Fresh food (Aubergine caponata, Mango gazpacho, Korean bibimbap); Family Favourites (Lentil ragu, Kedgeree with paprika yoghurt); and Sweet Treats (Cinnamon sugar tortillas, Sesame brittle thins, Apple fritters). There is also plenty of advice on eating seasonally and shopping wisely.

The Little Swedish Kitchen Ten Speed Press

Perfect for fans of *The Little Book of Hygge* and *Norwegian Wood*, find the balance in life that is just right for you. Let Lola A. Åkerström, Editor-in-chief of *Slow Travel Stockholm*, be your companion to all things lagom. As the Swedish proverb goes, 'Lagom är bäst' (The right amount is best). Lagom sums up the Swedish psyche and is the reason why Sweden is one of the happiest countries in the world with a healthy work-life balance and high standards of living. Lagom is a way of living that promotes harmony. It celebrates fairness, moderation and being satisfied with and taking proper care of what you've got, including your well-being, relationships, and possessions. It's not about having too little or too much but about fully inviting contentment into our lives through making optimal decisions. Who better than Lola A. Åkerström to be your lagom guide? Sweden-based Lola is an award-winning writer, photographer, and editor-in-chief of *Slow Travel Stockholm* and she offers us a unique vantage point when it comes to adopting elements of a lagom lifestyle. Full of insights and beautiful photographs, taken by Lola herself, this authentic book will help you make small, simple changes to your every day life - whether that's your diet,

lifestyle, money, work or your home - so you can have a more balanced way of living filled with contentment.

Arts-Based Research, Resilience and Well-being Across the Lifespan Penguin

An inspirational and encouraging illustrated guide to the world of bicycles and cycling, with practical information on bike buying, riding, repairs, and maintenance as well as countless suggestions on how to better enjoy your wheels, from packing a bike picnic to crafting art projects using spare parts. Believe or not, anyone can be great at cycling. Let Hello, Bicycle empower you. Riding a bike is one of life's simple joys—it's fun, freeing, and good for the planet and our health. Hello, Bicycle is a practical guide to the bike life with real-world advice, covering everything you need to know to up your bicycling game and ride with confidence and style. Filled with everything you need to know about: • Buying new, used, and custom bikes • Making the switch to bike commuting • Riding, locking, and storing your bike • Maintaining your bike at home (and what your mechanic should handle) • Picnicking, traveling, camping, and touring by bicycle • Creating DIY bike projects • And much more! Adorable illustrations and friendly tips will make even the most daunting cycling endeavors seem doable! This inspiring, giftable, informative, and fun handbook offers something for cyclists of all types, whether you're new to biking, looking to get back into it, or a seasoned rider who wants to take it to the next level.

15 Minute Vegan: On a Budget Hachette UK

Make time for the things that really matter in life. Find balance and happiness in your daily life, the Scandinavian way, with The Scandinavian Guide to Happiness! There's a reason Finland, Denmark, Norway, Iceland, and Sweden consistently rank as the top 5 happiest countries on earth! Find out the secrets to their happiness and fulfillment in The Scandinavian Guide to Happiness, which shares centuries of Nordic wisdom, including: - Lykke: Happiness is all around you (Denmark) - Lagom: Just the right amount—not too much, not too little (Sweden) - Fika: Taking daily coffee breaks and other comforting rituals (Sweden) - Hygge: Coziness brings comfort, courage, and happiness (Denmark) - Sisu: Everyday courage, grit, and determination & acting rationally in the face of adversity These basic principles will help you see how to have a happy life without buying anything, changing yourself, or making any other crazy drastic changes! Topics include Simplicity, Happiness, Health & Wellness, Relationships, Nature-Inspired Living, and more. Full of inspiring, encouraging ideas—and charming illustrations!—this thoughtful Scandinavian guide is sure to put a happy glow on your life.

Best Served Wild LYS förlag

'A joy to behold' Yotam Ottolenghi Join Rachel Khoo on a delicious journey through the Swedish year . . . From spring picnics on the archipelago and barbecues at the summer cabin, to cosy autumnal suppers and dark snowy winters filled with candlelight, gingerbread and glögg. Complete with stunning location and food photography, Rachel's new cookbook lets you in on what the Swedish like to call Lagom . . . the art of not too little, not too much but just the right amount. Learn how to cook beautiful, fuss-free food . . . With over 100 recipes, Rachel explores Sweden's simple and balanced approach to cooking, celebrates their best-loved ingredients and reveals a must-try cuisine that is about far more than just meatballs, fika and cinnamon buns . . .

Inside you'll discover recipes from the Swedish summer, perfect for yours, food for autumn, through to winter, taking you all the way to spring . . . • POACHED CHICKEN WITH QUICK PICKLED STRAWBERRY SALAD. Or replace the chicken with grilled halloumi cheese for a delicious vegetarian alternative. This is the ultimate barbeque salad. • PEAS, POTATOES AND CHICKEN IN A POT. The one dish delight: the summer comfort food that's perfect for midweek. • MIDSUMMER MERINGE CROWNS. The Swedes have been wearing flower crowns long before the festivals, so why not make the edible kind for parties or puddings? • PLUM TOSCA CAKE. This Swedish favourite, named after Puccini's opera is filled with tart plums and sweet almonds.

'I am so ready to race home and devour these fun, effortless and beautiful recipes that just beg to be cooked' Melissa Hemsley 'The magic of Sweden's beautiful seasons comes alive . . . a real celebration of seasonal Swedish home cooking and tradition with Rachel's trademark inspirational twists!' Donal Skehan

Lagom: The Swedish Art of Living a Balanced, Happy Life Simon and Schuster

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.