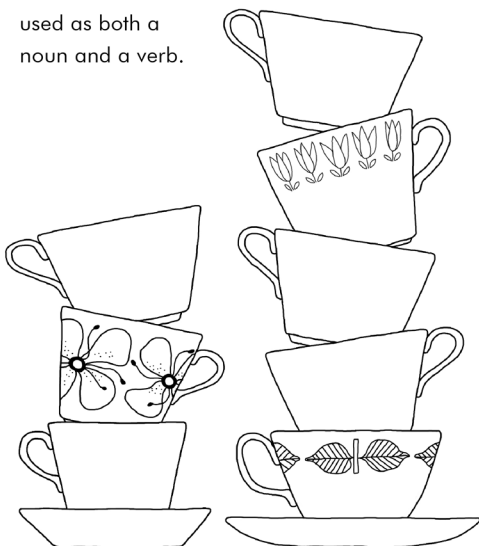


How to Fika

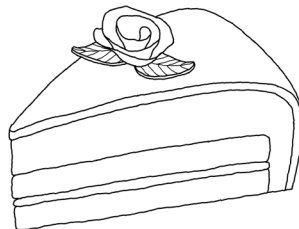
Anna Brones & Johanna Kindvall

Fika is the Swedish coffee break. The word "fika" can be used as both a noun and a verb.



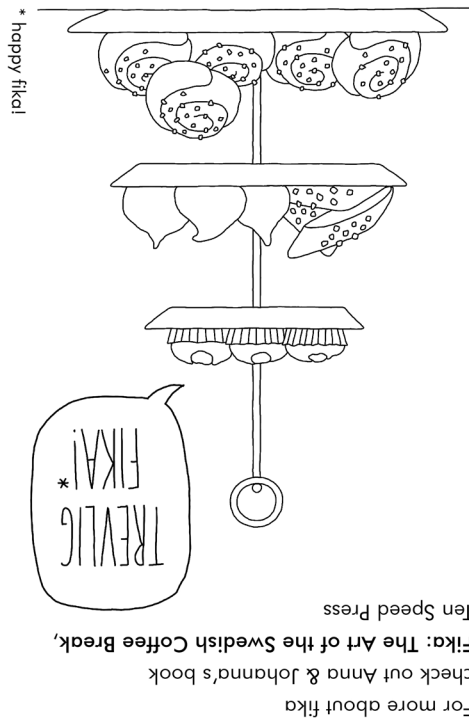
color & draw your own pattern on the cups

Often you have a little treat to go with your coffee.

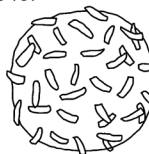


prinsesstårta

draw your own treat

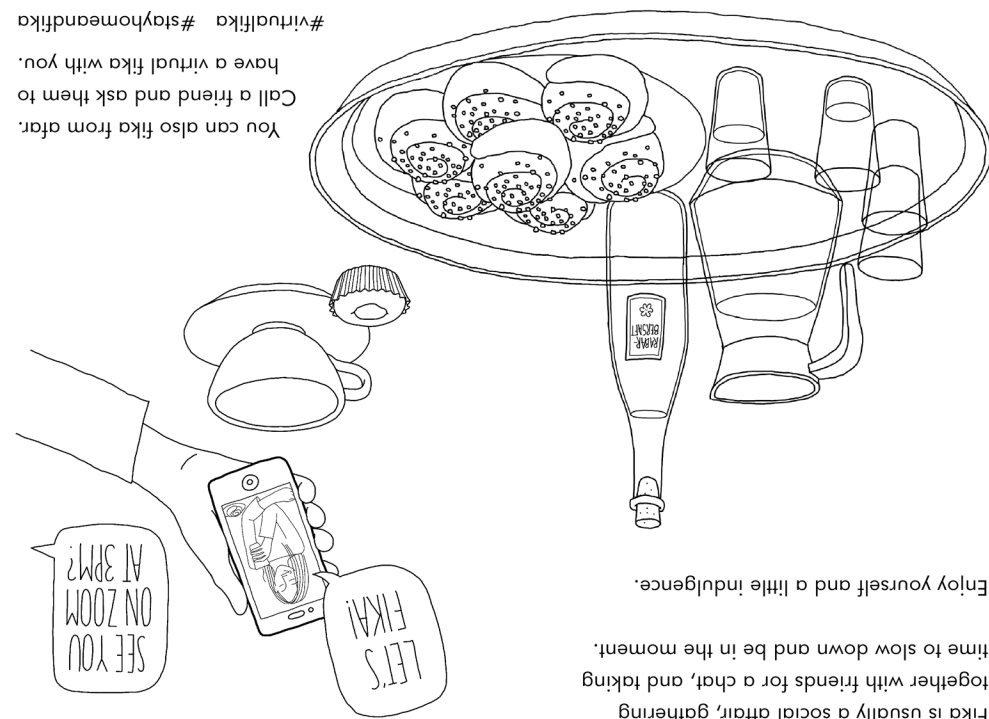


Let's make sure you have a fika treat. Here's one of our favorite easy recipes for chokladbollar (chocolate balls)



- chokladbollar**
 2 cups quick oats
 1/2 cup unsalted butter, room temp
 1/4 cup natural cane sugar
 1/4 cup unsweetened cocoa powder
 1 teaspoon vanilla extract
 1/2 teaspoon salt
 1/2 cup shredded coconut
 optional:
 2 to 3 tablespoons cold coffee

If you only have rolled oats, pulse them in a food processor to a coarse meal. Cream butter and sugar, then add cocoa powder + vanilla + oats + salt + coffee. Use your hands to mix together. Form into balls, then roll in coconut to coat. Serve or store in refrigerator.



Fika is usually a social affair, gathering together with friends for a chat, and taking time to slow down and be in the moment. Enjoy yourself and a little indulgence.