



Hygge: Comfort & Food For The Soul: A cosy collection of comfort food, drinks & lifestyle recipes for you, your friends & family to enjoy

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The Danish often say that the art of hygge (pronounced 'hoo-ga') is only ever meant to be felt, not explained and that its meaning is lost in translation. Whilst no singular word can adequately define it..... cosiness, comfort, contentment, bliss, happiness, warmth, friendship, family, gratitude, appreciation of simplicity and the here & now are just some of the words which fit.

Hygge is warm drinks, comfort food, cosy clothes, candles, blankets, conversation, bike rides & walks through the forest. Hygge can be tasted, seen, heard & felt – it affects all our senses. In short it's about enjoying the simple pleasures in life.

With over 60 food & drink recipes and craft ideas along with tips to hygge your life, this book is the perfect introduction to the Danish art of happiness.

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