

# Navigating the Swedish dairy jungle (coffee edition)

What milk is coffee friendly? ☕ ☕ ☕



Oat milk



Semi-skimmed milk



Full-fat milk



Most evils of evil



Yoghurt



Icelandic yoghurt

*Filmjök*, or *fil*, is a traditional fermented milk product. It has a sour flavour and a consistency somewhere between milk and yoghurt. Filmjök is considered breakfast food and is usually served in a bowl topped with fruit, cereal or crushed crisp bread. It doesn't blend well with coffee.

However, if you feel adventurous, why not try the tradition from the north is Scandinavia of putting cheese in your coffee??

Shake it!

