

Comfort Food

Sometimes when you're feeling down, you just want to munch on some comfort food. Or in this case, comfort books. Here are 18 feel-good teen books for you to recommend for a heartwarming or uplifting experience.

Disclaimer: these books are not food. DO NOT INGEST.

High Fructose Graphic Novels

Some of the sweetest and most wholesome graphic novels from the past five years.



[Image Source](#)

Sanity & Tallulah (Sanity & Tallulah #1) by Molly Brooks (2018)

Best friends Sanity and Tallulah live with their families on Wilnick, a ramshackle space station. A promising young scientist, Sanity manages to engineer an illegal – but cute – experiment in the form of a three-headed kitten. However, when the kitten escapes, the space station starts experiencing a host of technical issues. Sanity and Tallulah need to track down their experiment before it's too late to save their home!

This humorous science-fiction adventure with a diverse cast and positive family relationships will leave younger teens delighted.

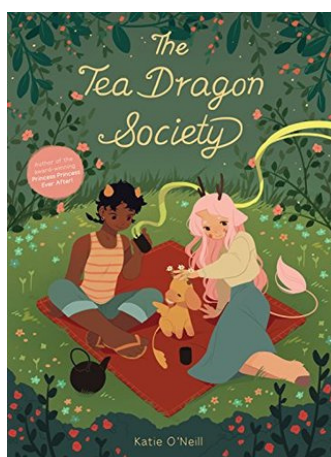


[Image Source](#)

The Okay Witch (The Okay Witch #1) by Emma Steinkellner (2019)

13-year-old Moth finds out that she is a witch on Halloween. With her new familiar, a talking cat, she falls into her mother's enchanted diary that leads to another realm. As Moth learns to use her powers, she uncovers the complex history of her family and the town they live in.

This heartwarming and funny graphic novel chronicles the coming-of-age of a modern witch while handling the topic of white-washed American history.



[Image Source](#)

The Tea Dragon Society (Tea Dragon #1) by Katie O'Neill (2017)

Greta is learning how to be a blacksmith, like her mother. One day in the marketplace, she finds a lost tea dragon that introduces her to the members of the Tea Dragon Society: Hesekeel, Erik, and Minette. From them, Greta learns the fading craft of caring for tea dragons and harvesting the tea leaves they grow from their horns.

This warmly colourful graphic novel approaches friendship and honouring traditional craftsmanship in a quiet, undramatic fashion. A perfect book to curl up with on a quiet day.

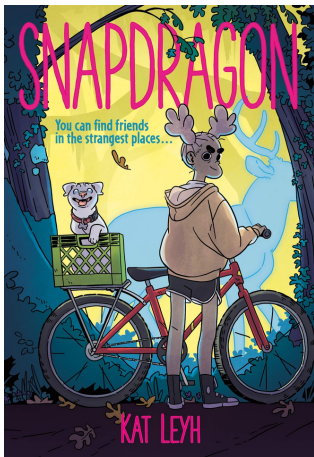


[Image Source](#)

Mooncakes by Suzanne Walker and Wendy Xu (2019)

Teen witch Nova works at her grandmothers' bookshop, lending out spell books and investigating supernatural events in their town. One night she runs into her childhood friend and crush, Tam, a werewolf. Together, they must team up to defeat a demon that is chasing after Tam for their werewolf magic.

Mixing modern with magic, this heartwarming and inclusive graphic novel will draw readers into an adventure of magic and self-discovery.



[Image Source](#)

Snapdragon by Kat Leyh (2020)

Rumours of a witch run through Snapdragon's town. But Snap discovers that Jack is just a Crocs-wearing, one-eyed old lady who knows how to use the internet. Jack agrees to help Snap raise orphaned possum babies in exchange for her help reconstructing roadkill skeletons to sell to strangers on the internet. Snap finds out that Jack might have magic after all, as well as a hidden connection to Snap's family.

Humorous, sweet, and a little creepy, this graphic novel is a joyous and magical read.



[Image Source](#)

The Prince and the Dressmaker by Jen Wang (2018)

By day, Prince Sebastian fends off his parents' attempts to find him a bride. But at night, Sebastian becomes Lady Crystallia, a fashion icon and the star of Paris' nightlife. The only person who knows Sebastian's secret is Frances, his friend and dressmaker extraordinaire. However, Sebastian's secret is close to being discovered, and Frances worries that being part of the secret will limit her dreams of being a successful designer.

Laced with humour to balance out more serious elements, this fairy tale tells a story of art, identity, family, and happy endings.



Non-Romantic Concentrate

Feel-good novels that don't contain romance. A rare recipe.



[Image Source](#)

Euphoria Kids by Alison Evans (2020)

Cursed by a witch, Babs is mostly invisible to everyone but her mother and her dog. Iris is a plant child, grown from a seed their mothers planted, whose only friends are the fairies in the garden. One day, Babs meets Iris and discovers that they can see her. They begin to spend time together, along with a boy who hasn't found his name. The three of them set out to rid Babs of her invisibility curse.

This quiet, magical novel invites readers into an imaginative story of friendship and empowerment.



[Image Source](#)

Squirrel Meets World (The Unbeatable Squirrel Girl Novels #1) by Shannon Hale and Dean Hale (2017)

Doreen Green, who has squirrel powers, has just moved from California to New Jersey. She's starting at a new school and attempting to make friends, all while trying to hide her tail! When she uses her powers to stop some trouble in her neighbourhood, Doreen considers becoming a superhero. Can Doreen handle being a normal teen and Squirrel Girl, especially with an archnemesis on the horizon?

Full of humorous footnotes that break the fourth wall, this superhero origin story appeals to a wide range of readers.

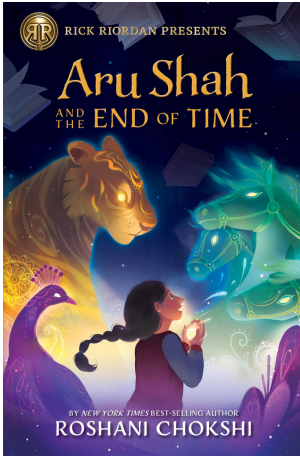


[Image Source](#)

Dear Sweet Pea by Julie Murphy (2019)

Patricia – also known as “Sweet Pea” – is dealing with her parents’ divorce. Splitting her time between two identical houses on the same street is a struggle for Sweet Pea. Miss Flora Mae, the local advice columnist, is the only neighbour between the two houses. When Miss Flora goes on vacation, she gets Sweet Pea to handle her mail. Suddenly, Sweet Pea finds herself answering her classmates’ letters in Miss Flora’s name.

Funny and sweet, this book looks at friendships, family, and the ups and downs of middle school.



[Image Source](#)

Aru Shah and the End of Time by Roshani Chokshi (2018)

Aru has a penchant for stretching the truth to fit in at school. When several classmates discover one of her lies, they dare her to light the supposedly cursed Lamp of Bharata in the museum Aru lives in with her mother. But lighting the lamp releases a demon set on awakening the God of Destruction. Aru must set out to stop the demon and save the world.

This witty and wondrous novel plunges readers deep into the world of Hindu folklore.

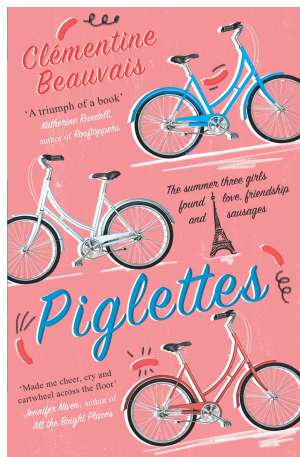


[Image Source](#)

The Castle of Tangled Magic by Sophie Anderson (2020)

Olia's parents are the caretakers of the magical Castle Mila, where rooms appear and disappear on a whim. There are some rooms that only Olia can access through the connection she shares with the castle. When a strange and violent storm threatens to destroy the castle, Olia finds herself in a part of the castle she's never seen, where she must fight to save her family and her home.

Drawing inspiration from Russian folktales, this novel tells a heartwarming but action-packed story about friendship, family, and finding home.



[Image Source](#)

Piglettes by Clémentine Beauvais (2017)

Mireille, Astrid, and Hakima have one thing in common: they were dubbed the top three winners of the Pig Pageant, a so-called "ugly contest" held on social media by other students at their school. Instead of letting themselves feel bad about themselves all summer, the three girls plan a cycling trip to Paris to crash the Bastille Day celebration. With Hakima's older brother as their chaperone, the girls set off on their journey and garner the attention of French media along the way.

Translated from the original French, this novel spins a brilliantly funny tale of coming-of-age and empowerment.



May Contain Romance

A warning, in case you're allergic. Unless you treat it the same way lactose intolerants treat milk, in which case, have at it.

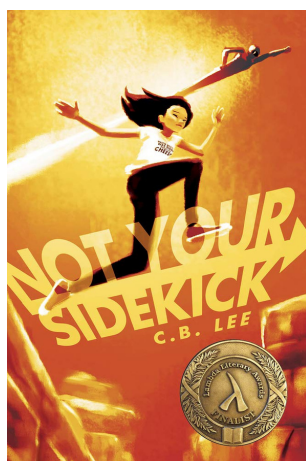


[Image Source](#)

With the Fire on High by Elizabeth Acevedo (2019)

High school senior Emoni has a passion and a talent for cooking. She dreams of working in a professional kitchen someday. However, between raising her daughter and helping her Abuela make ends meet, Emoni doesn't believe she has time for her school's new culinary class. Learning from a real chef is difficult to ignore – Emoni takes a chance and signs up anyway.

A hopeful and powerful novel that will leave readers hungry.



[Image Source](#)

Not Your Sidekick by C. B. Lee (2016)

Jessica is the powerless daughter of two low-level hero parents. With a powered older sister and a genius younger brother, average Jessica has resigned herself to padding her college applications. When she stumbles across a paid internship, Jessica leaps at the chance, only to find out the job is for the local supervillains – her parents' nemeses. Soon Jessica makes a discovery that changes what she knows of the world around her.

A fun dystopian novel that explores personal relationships and super-powered morality.

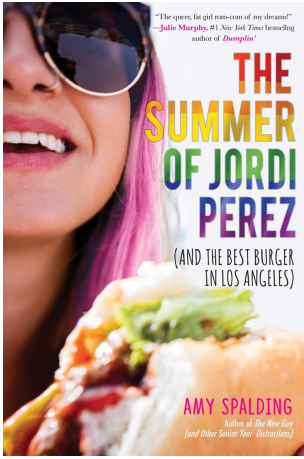


[Image Source](#)

I Wanna be Where You Are by Kristina Forest (2019)

Chloe secretly plans to drive hundreds of miles to audition for a prestigious dance conservatory after her mother tells her not to apply. Before she can leave, her irritating neighbour Eli blackmails her into bringing him and his dog along. The ensuing road trip is full of music, blossoming feelings, and more than a few bumps in the road.

This fun road-trip read is all about relationships and pursuing your dreams.



[Image Source](#)

The Summer of Jordi Perez (and the Best Burger in Los Angeles) by Amy Spalding (2018)

17-year-old Abby has scored an internship at a local boutique and sees it as the first step to achieving her dream career in fashion. Abby finds herself falling for photographer and fellow intern Jordi. Add in Abby's plus-size fashion blog and a side quest to find the best burgers in the city with her friend Jax, and Abby's summer turns out to be far from what she expected.

Funny and fashionable, this novel is a joyful summer read dealing with body-positivity, love, and public image.



[Image Source](#)

I'll Be the One by Lyla Lee (2020)

Skye wants to be a K-Pop star, but the industry – and her mother – tell her that her plus-size body isn't meant for the K-Pop world. But confident in her talents and comfortable in her body, Skye is determined to make it. She nails her audition for a K-Pop competition show holding auditions in L.A. and is thrust into the drama of reality television. Can Skye make it big while remaining true to herself?

An uplifting novel full of friendships, romance, and awesome performances.



[Image Source](#)

Sick Kids in Love by Hannah Moskowitz (2019)

Chronically ill Isabel has a rule against dating. It's easier for everyone involved. Isabel meets Sasha, another chronically ill teen, while receiving treatment at the hospital. He's funny, sweet, and foulmouthed. He also understands her better than any of her healthy friends or her doctor father ever could. For the first time ever, Isabel considers breaking down her walls and breaking her no-dating rule.

A thoughtful and humorous look at two teens with invisible illnesses.

