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DIY Cold-Brew Iced Coffee

YMCA of Northern
Rock County

If you love coffee and you've never tried cold-brew iced coffee, you're in for a treat! It's less acidic, stronger, and best of all, it's cold. Perfect for these warm summer mornings!

Servings: 5 (1 cup each)

Supplies needed: large jug or jar and cheesecloth or a nut-milk bag

Ingredients:

- 1 cup good quality ground coffee beans, ground coarsely (ground for a French press)
- 5 cups water
- Ice cubes (I freeze leftover coffee in an ice cube tray)
- Optional: splash of heavy whipping cream

Directions:

1. In a large jar or jug combine coffee grounds and water.
2. Cover and let sit for at least 12 hours (or longer) in the refrigerator.
3. Remove from refrigerator and stir with a spoon.
4. Strain coffee through two layers of cheese cloth or a nut-milk bag over a large bowl or jug.
5. Add several ice cubes to a glass and pour 1 cup of iced coffee on top.
6. Add an optional splash of heavy whipping cream.
7. Store iced coffee in refrigerator for up to 2 weeks.

Nutritional Information (coffee only):

Calories: 2

Fat: 0.1g

Carbs: 0g

Protein: 0.3g



This recipe is provided to you
by Y Personal Trainer, Kelly
Jones



Recipe courtesy of: <https://www.thehealthymaven.com/diy-cold-brew-iced-coffee/>