

Drink | Snack

# Classic Iced Coffee

Side Effect: Constipation

**4 Hours**  
Prep Time

**0 Mins**  
Cook Time

**4**  
Servings

**102** Calories **6g** Fat **6g** Carbs **2g** Protein

*\*Nutrition includes all optional mix-ins.*



## Ingredients

**4** Servings

**4 Hours (Refrigeration)** Total Time

**Allergens: None**

8 Scoops Dark-Roast Coffee

8 Cups Filtered Water

Ice Cubes

Optional

1 Cup Non-Dairy Creamer

½ Cup Non-Dairy Whipped Topping

4 Tsp Vanilla

### Nourishment Note



#### Coffee

Coffee is a stimulant that naturally helps to relieve constipation.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Brew Coffee

In the filter slot of the coffee maker, add the filter and 8 scoops of dark-roast coffee. Add 8 cups of filtered water to the coffee maker. Brew according to coffee pot directions.

### 3. Cool Coffee

Once brewed, pour the coffee into a large glass measuring cup. Transfer to the fridge and allow to cool completely, about 4 hours.

### 4. Serve Coffee

Once coffee is cold, transfer to glass. Fill the glass with ice and pour over the coffee. For a sweeter coffee add  $\frac{1}{4}$  cup coffee creamer, 1 Tsp vanilla, and top with 2 Tbsp non-dairy whipped topping.

### 5. Refrigerate

Store leftover coffee in the fridge for up to 3 days.

### 6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe Created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Coffee Pot



Coffee Filters



Large Glass Measuring Cup



Measuring Cup



Measuring Spoon

### Fatigue Buster

- Use 8 cups pre-made cold brew instead of brewing your own.