

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 with soap and water.

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 Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

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.