



COLD BREW COFFEE

INGREDIENTS

- 1 cup cold brew coffee concentrate
- ½ cup almond milk (or half and half, or water)
- 1–1½ cups ice

DIRECTIONS

1. Fill a cup ¾ full with ice.
2. Pour coffee concentrate over ice.
3. Add almond milk (or half and half, or water).
4. Add sweetener of your choice (or not!).



Cold Brew Coffee with Almond Milk

Nutrition Facts

Serving Size: 1 full recipe

Amount Per Serving		% Daily Value*
Calories	28 kcal	1 %
Total Fat	1.2 g	2 %
Saturated Fat	0.1 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	101.4 mg	4 %
Total Carbohydrate	3.6 g	1 %
Dietary Fiber	0.2 g	1 %
Sugars	1 g	
Protein	1.5 g	3 %
Vitamin A	0 %	Vitamin C 0 %
Calcium	23 %	Iron 2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com

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Cold Brew Coffee w/ Half and Half

Nutrition Facts

Serving Size: 1 x 12 oz serving

Amount Per Serving		% Daily Value*
Calories	160 kcal	8 %
Total Fat	14 g	22 %
Saturated Fat	8 g	40 %
Trans Fat	0 g	
Cholesterol	60 mg	20 %
Sodium	60 mg	3 %
Total Carbohydrate	4 g	1 %
Dietary Fiber	0 g	0 %
Sugars	4 g	
Protein	4 g	8 %
Vitamin A	8 %	Vitamin C 0 %
Calcium	16 %	Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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