

Ceylon Coffee is a delightful treat that awakens the senses with its rich aroma and smooth taste. Each sip brings a moment of joy and relaxation. Coffee is packed with antioxidants, which help protect our cells and boost our immune system. A cup of coffee can also improve our mood and energy levels. Enjoying Pure Ceylon Splendid **SEASONS** Arabica Coffee Cup is a lovely way to take care of ourselves.

Calories	0.1%	Fiber	0.0%
Protein	0.6%	Sugars	0.0%
Fat	0.2%		
Carbohydrates	0.0%		

#### Based on a 2000 calorie diet

# Brewing Tips to Make a Delicious Coffee Cup with the Splendid **SEASONS Coffee:**

# **ESPRESSO**

Use fine-grind Coffee Powder, tamp the grounds evenly and firmly, aim for a 25-30 second extraction for a double shot, then pour and enjoy.

#### **COLD BREW**

Use a coarse grind coffee, steep the coffee in cold water for 12-24hours in the refrigerator, strain through a fine mesh sieve or coffee filter, dilute with water or milk to taste, and enjoy over ice.

#### SIMPLE BLACK COFFEE

Use a medium grind one to two tablespoons of Coffee Powder per one cup (175ml / 0 Oz) of boiled water, brew with your preferred method, then pour and enjoy.

## **AEROPRESS**

Use a fine to medium-fine grind, water at 80-85°C, stir for 10 econds, steep for 20-30 seconds, press the plunger slowly and



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# **Dark Roasted Coffee**





## Some of Health benefits in short,

- **Reduces Acidity**
- **Antioxidants**
- **Potential Health Benefits**
- Potentially Lower Risk of Certain Diseases
- Satisfaction and Satiety
- Lower Impact on Teeth
- **Full Body Experience**







