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Northern Lite Coffee Cooler ♦♦

The Northern Lite Coffee Cooler is a refreshing and energizing drink that is perfect for hot summer days. It combines the rich flavor of coffee with a cool and creamy texture. This recipe does not include whip cream, making it a lighter option for those watching their calorie intake. The Northern Lite Coffee Cooler is a great way to start your day or enjoy as a mid-afternoon pick-me-up. Give it a try and beat the heat with this delicious coffee cooler!

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 250 grams

Number of Servings: 1

Serving Size: 250 g

Ingredients

1 c	Coffee
1 c	Ice
1 c	Milk

2 tbsp Sugar

Directions

Step 1

Brew a cup of coffee and let it cool.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Add the coffee, ice, milk, and sugar to a blender.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour into a glass and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	0 g	0%	0%
Sugars	28 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	10 mg	1%	1%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Barbecue Picnic

Cuisines

French American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Sugar-Free High Vitamin C High Iron High Calcium

Course

Drinks

Meal Type

Snack

Supper

Difficulty Level

Easy

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