

# The benefits of cold coffee drinks in winter

Other title options

Cold coffee vs hot coffee/Reasons why you might want to drink cold coffee

Crunched ice blended with [coffee](#) and smooth whipped cream on top that needs to be smothered before it melts inside, can you imagine your favourite Frappuccino now?

Does it make you excited? Do you shiver at the thought of having one in the middle of December? You aren't the only one, because iced coffee drinks have been the biggest hit for younger coffee addicts.

## Why is everyone going cooler even in cool weather?

1- A cool tongue is better than a burnt one

What 's more annoying than being so excited for your first sip of coffee and instead of flattering your taste buds, you end up with a burnt one. An [iced coffee drinks](#) is your hero here.

2- It looks FANCY!

Iced drinks look fancier, that's all you need for the perfect [Instagram shot](#).

Don't forget to send us your photos with Mr Bono coffee

3- Cold brew coffee is healthier!

In general, coffee has many health benefits, check our blog post about the [benefits of coffee on health](#).

However, the Cold brew coffee has been found by researchers to be the more healthier option. Cold brew and conventional [iced coffee drinks](#) are completely two different things.

Regular iced coffee is prepared this way: hot water is poured over some coffee beans. The flavour is extracted this way. Then, ice is poured and it's ready to go!

## What is cold brew coffee?

It's a different method of coffee preparation that [researchers](#) had found to be less acidic on the stomach and with less bitter taste.

Cold water is added on [coffee beans](#) and then steeped in the refrigerator for 12 to 24 hrs.

4-It's easier to make at home

Cold brew coffee can be stored for a couple of days prepared and you will only pour some ice or additional flavours and milk when you are ready to serve it.

**5-It has only 5 calories and no carbs!**

Iced coffee with no milk or flavours has 5 calories and no carbs. It also enhances the metabolism and the workout performance ,this makes it the go to pre-workout drink for athletes and those looking to shed some weight.

Coffee lovers, get cooler with an iced coffee.

Stay happy, stay caffeinated!