Unapologetically robust and deeply aromatic, **Black Coffee** is a timeless drink celebrated for its simplicity, clarity, and energy-boosting qualities. Without the distractions of milk or sugar, this brew allows the full flavor and benefits of the coffee bean to shine. Whether sipped slowly in silence or powering a creative morning, it’s a ritual for the focused and the free.

What Is Black Coffee?

Black coffee is a plain coffee beverage made by brewing ground coffee beans in water, without any milk, cream, or sugar. It’s rich in antioxidants and contains natural caffeine, which sharpens mental clarity, stimulates metabolism, and supports digestion.

How to Make Black Coffee : The Traditional Way

□ Ingredients:

- 1 cup **filtered water**
- 1 to 1½ tsp **fresh ground coffee powder** (medium to dark roast recommended)
- A pinch of **cardamom powder** (for Ayurvedic warmth – Optional)

□ Method:

1. **Boil the Water**
2. **Brew the Coffee**
    - Add ground coffee to a French press, stovetop filter, pour-over, or decoction filter.
    - Pour hot water over the grounds slowly.
    - Let steep for **3–5 minutes** depending on strength desired.
3. **Strain and Serve**
    - Pour into your favorite cup.
    - Do not add sugar or milk, this is pure coffee bliss.

Ayurvedic Benefits

1. **Stimulates agni (digestive fire)**, especially good for kapha dosha
2. Improves **alertness, focus**, and helps counter ama (toxins)
3. Can act as a mild **appetite suppressant**
4. Supports **peristalsis** and bowel regularity
5. Rich in **antioxidants** that aid cellular protection

⚠ *Avoid on an empty stomach if you're prone to acidity or anxiety (especially pitta/vata types).*

Pro Tips from the Indian Kitchen

- For smoother flavor, use **freshly ground beans**, avoid instant if possible.
- Don't over boil; **water temperature around 90–95°C** preserves aroma.
- Add **cardamom or cinnamon** if you're pitta-prone or want to balance acidity.

❤ Why We Love Black Coffee Tea

- Clean, pure, and stimulating
- Supports mental clarity and energetic discipline
- Versatile, works with pour-over, filter, French press, or decoction methods
- Enhances satya (truth) in taste, there's no hiding behind additives

Ideal For

- **Morning routines**
- **Pre-meditation or creative work**
- **Post-heavy meal to clear sluggishness**
- **Kapha-dominant constitutions**
- **Fasting mornings or low-sugar days**

