



## **AeroPress Standard Method**

1. Rinse AeroPress with hot water, flush a filter in the cap, and screw the cap on.
2. Set the chamber on a mug or vessel and add 18 grams of medium-fine ground coffee.
3. Add hot water to the highest notch on the chamber, and stir back and forth about 3 times.
4. Plug the plunger into the chamber to create a seal, and let it sit for about 1 minute.
5. Remove the plunger and stir again, 3 times, back and forth.
6. Replace the plunger and slowly press it down over the course of about 30 seconds.
7. Remove the Press, add more water or milk of choice, & enjoy!

## **AeroPress Inverted Method**

1. Rinse your AeroPress with hot water and flush a filter in the cap.
2. Plug the plunger onto the chamber to create a seal, flip the Press, and add 18 grams of ground coffee to the chamber.
3. Slowly add just enough hot water to cover the grounds. Let them “bloom” for 30 seconds.
4. Top off the chamber with more water and stir until all the grounds are soaked.
5. Screw on the filter cap, flip the AeroPress, and immediately place it on top of a mug or vessel.
6. Let it sit for about 45 seconds.
7. Press the plunger down over the course of about 30 seconds.
8. Remove the Press, add more water or some milk, & enjoy!



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