

Summer Iced Berry "Lemonade"

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving, 1 cup): Total carbs: 1.9 g, Fiber: 0.73 g, **Net carbs: 1.2 g**,

Protein: 0.04 g, Fat: 0 g, Calories: 5.3 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (large bottle, 4 servings)

1 cup mixed frozen berries (150 g/ 5.3 oz)

1 lime or lemon, sliced

1 cup fresh mint

15-20 drops liquid Stevia extract or other healthy low-carb
sweetener from this list

4 cups of water, still or sparkling (960 ml)

ice cubes

Note: The nutritional values are estimated: I only counted with a fraction of each ingredient, more specifically 1/4: most of the ingredients are not fully used and are discarded. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Simply wash the mint and cut the lime into small wedges. Take the berries from the freezer. *Note: I used a mixture of frozen berries: wild blueberries, blackberries, raspberries, strawberries, sour cherries and currants. You can use any berries you want, the carbs count will be very similar.*
2. Place everything into a large bottle and fill it with water. If using lime, make sure to peel the rind or it will make the beverage bitter.
3. Add 15-20 drops of stevia or more if you wish and leave for 15 minutes or best results leave in the fridge overnight. Pour into a serving glass, top with ice and enjoy! *Note: You can refill the bottle and repeat the steps 2-3 times and make more lemonade as long as there is some flavour left!*

More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans