

Sugar-Free Summer Iced Berry Limeade

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving, 1 cup): Total carbs: 1.8 g, Fiber: 0.1 g, **Net carbs: 1.7 g,**

Protein: 0.1 g, Fat: 0 g, Calories: 7 kcal,

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



Ingredients (makes about 5 cups)

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

1 lime *or* lemon, juiced (4 tbsp)

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 to taste

Optional: lime or lemon slices

Note: The nutritional values are estimated, as some of the ingredients are not fully used and are discarded.

Instructions

1. I used a mixture of frozen berries: wild blueberries, blackberries, raspberries, strawberries, sour cherries and currants. You can use any berries you want, the carb count will be very similar.
2. Place everything into a large bottle and fill it with water. Add lime juice and optionally lime or lemon slices. Note that if you are using lime, peel the rind to avoid a bitter aftertaste in your lemonade.
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! *Tip: You can refill the bottle and repeat the steps 2-3 times and make more lemonade as long as there is some flavour left!*

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