

Healthy Blueberry & Lemon Electrolyte Drink

Hands-on 10 minutes Overall 1 hour

Nutritional values (per cup): Total carbs: 5.8 g, Fiber: 0.9 g, **Net carbs: 4.9 g**, Protein: 0.5 g,
Fat: 0.3 g, Calories: 26 kcal,

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



Ingredients (makes ~ 6 cups)

- 2 cups blueberries, fresh or frozen (250 g/ 8.8 oz)
- 4 cups water (~ 1 l)
- 1/4 cup powdered Erythritol or Swerve (40 g/ 1.4 oz) - see note below
- 1/2 cup lemon juice (120 ml/ 4 fl oz)
- 1/2 tsp potassium chloride (see *Tips below for alternatives*)
- 1/4 tsp sea salt
- 2 tbsp Natural Calm magnesium supplement (12 g/ 0.4 oz)
- Optional:* 20-30 drops liquid Stevia or to taste
- lemon slices from 1 lemon, to serve
- ice to serve

Note: If you avoid sweeteners, they can be omitted. Nutrition facts in blueberries are estimated and counted partially (80%) as part of the pulp and the peel are discarded.

Tips:

Drink with meals (not on an empty stomach). Start with a cup per day and increase to no more than 2 cups per day to avoid stomach discomfort. Too much magnesium citrate causes loose stools.

Instead of potassium chloride, you can use lite salt or cream of tartar. To read more about potassium supplements, read this post: The Importance of Potassium in Low-Carb Diets.

Instead of Erythritol, can use other healthy low-carb sweetener from this list, or skip the sweetener altogether.

Instructions

- Place the blueberries in a sauce pan and add 2 cups (480 ml) of water. Bring to a boil over a high heat. Once simmering, reduce to minimum, cover with a lid and cook for 2-3 minutes. Take off the heat and keep it covered for another 20 minutes.
- Remove the lid and add Erythritol. Stir until well combined. Pour the blueberry juice into a bowl through a sieve. Use a large spoon to

crush the blueberries and push through until smooth, discarding the peel. Let it cool down to room temperature.

- Juice the lemons. Add them to the bowl. Add to the blueberry juice.
- Add all of the remaining ingredients: magnesium citrate, potassium chloride, salt. Mix until all ingredients are dissolved. Add the remaining water. You can use still or sparkling water.
- Add some ice cubes if needed and enjoy! Optionally, add a few drops of stevia. If you suffer from keto-flu symptoms, have 2-3 cups per day with meals (3 cups only if you are physically active and have no stomach discomfort) and also add more sodium to your keto diet (try Homemade Bone Broth).
- Store in the fridge for up to 4 days.

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