

Keto Strawberry & Lime Electrolyte Drink

Hands-on 5 minutes Overall 5 minutes



Nutritional values (per serving, about 1 cup, 240 ml/ 8 fl oz): Total carbs: 5.1 g, Fiber: 1 g,

Net carbs: 4.1 g, Protein: 0.3 g, Fat: 0.2 g, Calories: 21 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes about 6 cups)

1 1/2 cups [Low-Carb Strawberry Syrup](#) (360 ml/ 12 fl oz)

1/2 cup fresh lime *or* lemon juice (120 ml/ 4 fl oz)

4 cups water (~ 1 l)

1/2 tsp [potassium chloride](#)

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 or lime, to serve

ice to serve

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Instructions

1. Prepare the [Low-Carb Strawberry Syrup](#). If you have this ready, it will only take 5 minutes to make this electrolyte drink recipe. Otherwise, you'll need about an hour to make the syrup and chill it. You will only need 1 1/2 cups so store the remaining syrup in the fridge.
2. Juice the limes. Instead of limes you can use lemons.
3. Pour the water into a large jug or a large mason jar. Add the strawberry syrup.
4. Add the lime juice, potassium chloride, salt and magnesium powder.
5. Stir to combine (it will foam). Taste and add stevia or other low-carb sweetener if needed.
6. Place ice in a serving glass and pour in the strawberry lime electrolyte drink (about 1 cup/ 240 ml per serving).
7. Serve chilled over ice. Store the strawberry lime electrolyte drink in the fridge for up to 4 days. Stir before serving.

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