

Low-Carb Cucumber Lime Cooler

Hands-on 20 minutes Overall 3-4 hours

Nutritional values (per serving, 1 1/2 cups/ 360 ml): Total carbs: 4.9 g, Fiber: 0.8 g,

Net carbs: 4.1 g, Protein: 0.6 g, Fat: 0.2 g, Calories: 20 kcal,

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



Ingredients (makes 6 servings)

Cooler concentrate:

1 1/2 cucumber (300 g/ 10.6 oz)

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

1/3 cup sliced ginger (50 g/ 1.8 oz)

bunch of fresh mint (15 g/ 0.5 oz)

1/3 cup [Sukrin Gold](#), [Swerve](#) or [Erythritol](#) (54 g/1.9 oz)

1 cup filtered water (240 ml/ 8 fl oz)

Optional: few drops of [stevia](#), to taste

To serve:

1 bottle sparkling water - club soda or still water (1.5 L)

1/2 cucumber, sliced (100 g/ 3.5 oz)

2 sliced lemons (*lime rind would make it bitter*)

mint leaves

ice

Instructions

1. To make the cucumber-lime concentrate, you'll need cucumber, limes, ginger, fresh mint, sweetener and filtered water.
2. Juice the limes (you'll need 3-4 limes). Roughly chop the cucumber and slice the ginger. Place everything in a blender and add the fresh mint, low-carb sweetener and filtered water.
3. Blend until smooth, for about 15 seconds.
4. Strain through a fine-mesh sieve or a nut milk bag. Discard the pulp.
5. Pour in a bottle and refrigerate or serve immediately. You should get about 3/4 L (3 cups) of the cucumber-lime concentrate.
6. To serve, place 2-4 ice cubes into a glass. Add 1/2 cup of the cucumber-lime concentrate and top with 1 cup (240 ml) of club soda. Add mint, slices of cucumber and lemon.

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