

Homemade Sugar-Free Ginger Beer

Hands-on 10 minutes Overall 1 hour

Nutritional values (per serving): Total carbs: 4 g, Fiber: 0.3 g, **Net carbs: 3.7 g**, Protein: 0.3 g,
Fat: 0.1 g, Calories: 16 kcal,

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



Ingredients (makes 6 servings)

150 g ginger root, chopped (5.3 oz)

2 lemons, juiced (~ 120 ml/ 4 fl oz)

1/2 cup [Sukrin Gold](#) or [Erythritol](#) or [Swerve](#) (80 g / 3.9 oz)

2 1/2 cups water (600 ml)

optionally: few drops of [liquid Stevia](#) extract if you prefer it sweeter

sparkling water

Instructions

1. Wash and cut the ginger root into medium chunks. Place it in a blender together with 2 1/2 cups of water. Blend for just about 10 seconds.
2. Pour the ginger mixture through a fine mesh sieve (or use cheesecloth) into a sauce pan. Juice 2 lemons and add the fresh lemon juice to the sauce pan. Heat the mixture over a medium-low heat.
3. Add Sukrin Gold (or Erythritol) and stir until dissolved. Cook the mixture until reduced to about a half (1 1/2 cups). Then, take off the heat and let it cool down.
4. Once cool, pour 1/4 cup of the ginger beer concentrate in a glass and add 1 1/2 cups of sparkling water or more to taste. Optionally, add a few ice cubes.

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