

Low-Carb Summer Raspberry Lemonade

Hands-on 5 minutes Overall 2 hours (freezing)

Nutritional values (per serving): Total carbs: 5.6 g, Fiber: 1.2 g, **Net carbs: 4.4 g,**

Protein: 0.4 g, Fat: 0.2 g, Calories: 20 kcal,

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



Ingredients (makes 8 servings)

- 3/4 cup fresh lemon juice (3-4 lemons)
- 3/4 cup fresh lime juice (4-5 limes)
- 1 cup raspberries (123 g / 4.3 oz) - *you can try other berries too, blackberries work great!*
- water, still or sparkling (2 litres + more still water for raspberry ice cubes)
- 1/4 cup [Erythritol](#) or [Swerve](#), powdered, or other [healthy low-carb sweetener from this list](#) (40 g / 1.4 oz)
- 30 or more drops [Stevia](#) extract
- mint for garnish

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Instructions

1. Make the berry ice cubes by placing the berries in an [ice-cube tray](#) and top with still water. Place in the freezer for at least 2 hours or until frozen.
2. When the ice is ready, start juicing the lemons and limes (you can use just lemons or limes if you don't have both).
3. Pour the juice into a large jug and add sparkling or still water. You can use more water if the taste is too strong for you.
4. Add the stevia (I used [Lemon drops from SweetLeaf](#)) and powdered Erythritol. Make sure you use *powdered* Erythritol or Swerve - otherwise the crystals won't dissolve. Mix until well combined and no sweetener is on the bottom of the jug.
5. Pour the lemonade in serving glasses and add the raspberry ice cubes. Garnish with fresh mint and enjoy! Store up to 5 days in the fridge and add the raspberry ice cubes just before serving.

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