

KETO-FRIENDLY LEMONADES and DRINKS



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GINGER LEMON DRINK

Ingredients



2 Tbsp ginger



1 lemon



1½ cups (350 mL) water

Instructions

1. Finely chop the ginger. Put in a jug filled with warm water and let it sit for half an hour.
2. Strain the resulting ginger infusion through a cheesecloth or a fine sieve.
3. Squeeze in the juice of the lemon. Add ice, if desired.

This ginger lemon drink will not interrupt fasting and will actually help to prolong it.



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MINT LIME DRINK

Ingredients



4 cups (1 L) water



1 lime



4 to 5 mint sprigs



10 ice cubes



erythritol or stevia to taste *

Instructions

1. Juice the lime. Blend lime juice with mint leaves and the sweetener in a blender. Add water and let it steep for 30 minutes.
2. Strain through cheesecloth or a fine sieve.
3. Add ice.

**** If you don't want your drink to be sweet, don't add the sweetener.***



CUCUMBER LEMON DRINK

Ingredients



2 unpeeled cucumbers, chopped



1 pinch salt



3 lemons



3 cups (750 mL) water



erythritol or stevia to taste *

Instructions

1. Puree cucumbers in a blender with sweetener and salt.
2. Juice the lemons.
3. Combine the cucumber puree with lemon juice and water and strain through a cheesecloth or a fine sieve.

**** If you don't want your drink to be sweet, don't add the sweetener.***



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RASPBERRY LEMON DRINK

Ingredients



4 to 5 lemons



6 oz raspberries



3 cups (750 mL) water



erythritol or stevia
to taste*

Instructions

1. Puree raspberries in a blender with a little water. Put the puree through a sieve and squeeze out the pulp.
2. Juice the lemons. Add lemon juice, water, and a sweetener to your raspberry drink.
3. Stir well.

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STRAWBERRY GINGER DRINK

Ingredients



1 cup (250 mL) water



10.5 oz (1½ cups)
strawberries



1 Tbsp
ginger powder



2 cups sparkling
mineral water



2 lemons



erythritol or stevia
to taste*

Instructions

1. Put ginger powder and sweetener in the water and bring to a boil.
2. Zest the lemons and add zest to the boiling liquid. Simmer for 5 more minutes.
3. Juice the lemons.
4. Puree strawberries in a blender, add the lemon juice, and top everything with the ginger syrup. Cool the mixture, strain, and dilute it with mineral water.

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SASSY WATER

Ingredients



8½ cups (2 L) water



1 cucumber



1 tsp ginger



ice to taste



1 lemon



10 fresh mint leaves

Instructions

1. Cut the cucumber and lemon into thin slices. Place in a pitcher.
2. Peel a small piece of ginger root and grate it on a fine grater. Chop the mint leaves.
3. Place ginger and mint in pitcher.
4. Top with clean water and leave overnight to steep.
5. Put ice cubes in each glass before serving.



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LEMON BASIL DRINK

Ingredients



½ cup (120 mL)
boiling water



8½ cups (2 L)
mineral water



1 bunch fresh basil



1 to 2 lemons



10 mint leaves
(or to taste)



ice to taste



erythritol or stevia to taste *

Instructions

1. Zest the lemon(s). Put the zest, basil leaves, and mint leaves (to taste) in a jar. Add sweetener.
2. Top with boiling water so that all the ingredients in the jar are covered.
3. Cover the jar with a lid and let the contents cool to room temperature.
4. Squeeze the lemon(s) into the jar.
5. Top with chilled mineral water. Let the lemonade sit for 30 to 60 minutes. Add ice cubes.

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LEMON HIBISCUS DRINK

Ingredients



1 lemon



5 to 6 ice cubes



6 to 7 dried
hibiscus petals



3 cups (750 mL)
hot water



erythritol or stevia to taste *

Instructions

1. Make hibiscus tea: pour boiling water over the hibiscus petals and let steep for 5 minutes. Remove the petals. Add sweetener to the drink and stir.
2. Scald the lemon with boiling water so that the peel does not taste bitter.
3. Slice the lemon and place the slices into the tea in a pitcher. Place the pitcher in the fridge to cool. Add ice.

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VITAMIN DRINK

Ingredients



½ cucumber



5 basil leaves



1 celery stalk



½ bell pepper



4 cups (1 L) sparkling mineral water



5 to 6 ice cubes



3 spinach leaves (optional)



erythritol or stevia to taste *

Instructions

1. Chop cucumber, bell pepper and celery.
2. Put basil leaves, cucumber, celery, bell pepper, and spinach (optional) in a blender, add sweetener and blend everything together.
3. Transfer the pureed vegetables into a jar and add chilled mineral water. Mix all the ingredients well and strain through a cheesecloth or a fine sieve.
4. Pour into a pitcher and add ice.

** If you don't want your drink to be sweet, don't add the sweetener.*



BLUEBERRY LEMONADE

Ingredients



7 oz blueberries



½ tsp cardamom



1 lemon



3 cups (750 mL) water



5 to 6 ice cubes



erythritol or stevia
to taste *

Instructions

1. Wash the blueberries and put them in a blender. Puree the berries with sweetener.
2. Add cardamom and mix well. Place the puree in a deep container and top with water. Let it sit for 30 minutes to steep.
3. Pour boiling water over the lemon and juice it.
4. Strain the berry infusion through a sieve or cheesecloth into a pitcher. Add lemon juice and ice.

**** If you don't want your lemonade to be sweet, don't add the sweetener.***



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FAST AND HEALTHY LEMONADE

You can quickly make natural and healthy lemonade with Dr. Berg's signature ELECTROLYTE POWDER supplement:

- 100% natural ingredients
- has everything you need: potassium, magnesium, sodium, calcium, chlorides, and minerals
- no harmful ingredients (no sugars or hidden sugar)
- great taste with organic stevia and natural flavors: lemon, raspberry, and orange.



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