

30 Low Carb Drinks Up To Net Carbs Ingredients Easy Steps For Every Recipe Keto

Are you following a low-carb or ketogenic diet, but tired of sticking to just water as your beverage of choice? Look no further! We have compiled a list of 30 delicious and refreshing low-carb drinks that you can enjoy while still sticking to your dietary goals. From fruity concoctions to creamy shakes, there's something for everyone on this list. So grab your favorite glass and let's dive in!

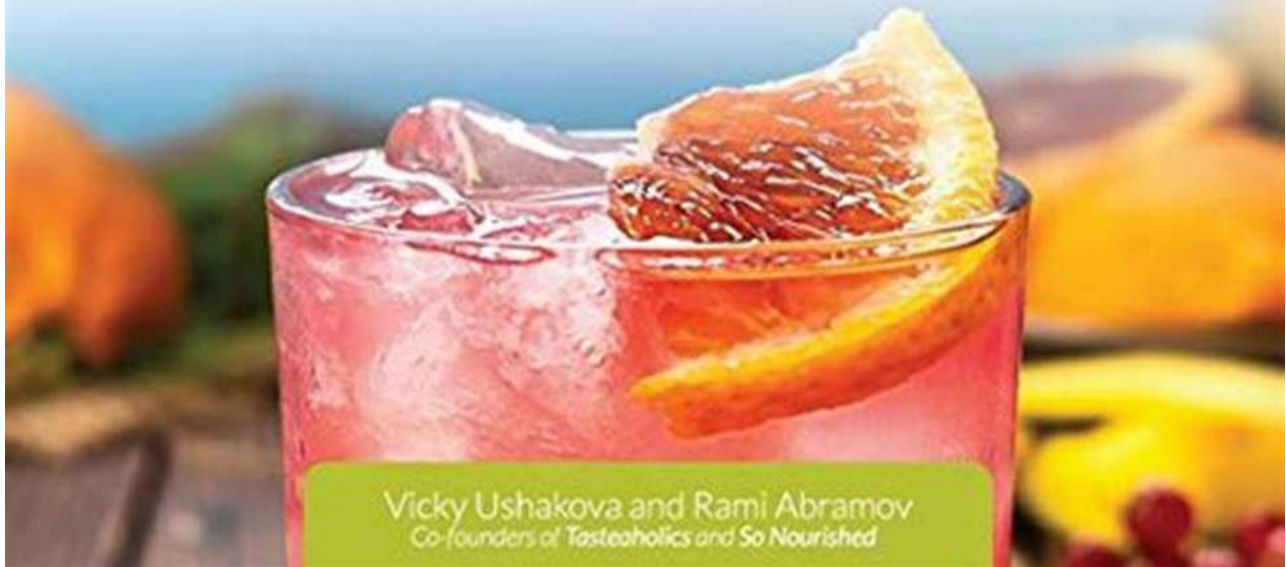
1. Strawberry Lemonade Slushie

Keto Cocktails IN FIVE

from the
Keto
IN FIVE
series

30 *low-carb* drinks

Up to 5 net carbs, 5 ingredients & 5 easy steps for every recipe



Vicky Ushakova and Rami Abramov
Co-founders of Tasteaholics and So Nourished

If you're craving a sweet and tangy treat, this Strawberry Lemonade Slushie is the perfect choice. Made with fresh strawberries and zesty lemon juice, it's a guilt-free way to cool down on a hot summer day. Best of all, it contains only 2 net carbs per serving!

Keto Cocktails in Five: 30 Low Carb Drinks. Up to 5 net carbs, 5 ingredients & 5 easy steps for every



recipe. (Keto in Five) by Vicky Ushakova (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English
File size : 4758 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 103 pages
Lending : Enabled



Ingredients:

- 1 cup frozen strawberries
- Juice from 1 lemon
- 1 cup ice cubes
- Sweetener (optional)

Instructions:

1. In a blender, combine strawberries, lemon juice, ice cubes, and sweetener (if desired).
2. Blend until smooth and slushie-like consistency.
3. Pour into a glass and serve cold.

2. Minty Green Tea Cooler



For a refreshing twist on traditional green tea, try this Minty Green Tea Cooler. The addition of fresh mint leaves gives it a burst of flavor, while the green tea provides a natural energy boost. With just 1 net carb per serving, it's a great choice for those following a low-carb lifestyle.

Ingredients:

- 1 cup brewed green tea, chilled
- 1 tablespoon fresh mint leaves, chopped
- Ice cubes
- Sweetener (optional)

Instructions:

1. In a glass, combine chilled green tea and chopped mint leaves.
2. Add ice cubes and sweetener (if desired).
3. Stir well and enjoy!

3. Creamy Chocolate Avocado Shake



If you're a chocolate lover, this Creamy Chocolate Avocado Shake will satisfy your cravings without derailing your low-carb diet. With avocado as the base, this shake provides a dose of healthy fats along with a rich and creamy texture. It contains just 4 net carbs per serving.

Ingredients:

- 1 ripe avocado, peeled and pitted
- 1 cup unsweetened almond milk
- 2 tablespoons unsweetened cocoa powder
- Sweetener (optional)
- Ice cubes

Instructions:

1. In a blender, combine avocado, almond milk, cocoa powder, and sweetener (if desired).
2. Add ice cubes and blend until smooth and creamy.
3. Pour into a glass and enjoy!

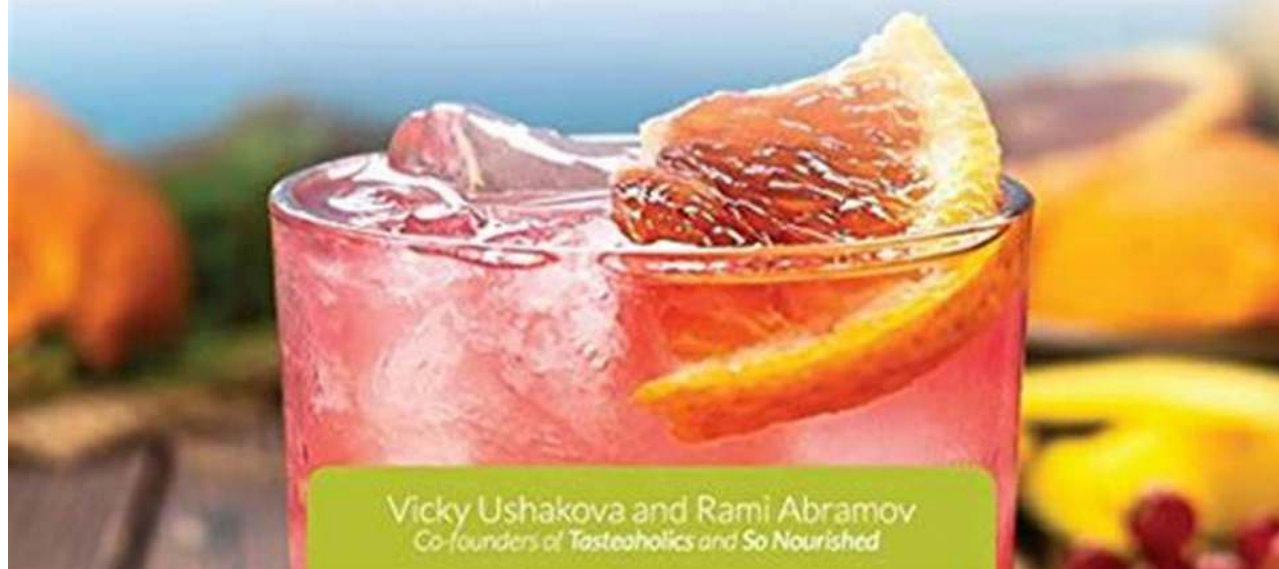
4. Sparkling Raspberry Limeade

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This Sparkling Raspberry Limeade is the perfect combination of sweet and tart flavors. The fizzy carbonation adds a refreshing twist, making it a great alternative to sugary sodas. With just 3 net carbs per serving, it's a guilt-free way to quench your thirst.

Ingredients:

- 1 cup fresh or frozen raspberries
- Juice from 2 limes
- 1 cup sparkling water
- Sweetener (optional)

Instructions:

1. In a blender, blend raspberries and lime juice until smooth.
2. Strain the mixture to remove any seeds.
3. In a glass, combine the raspberry-lime mixture, sparkling water, and sweetener (if desired).
4. Stir well and serve over ice.

5. Iced Matcha Latte

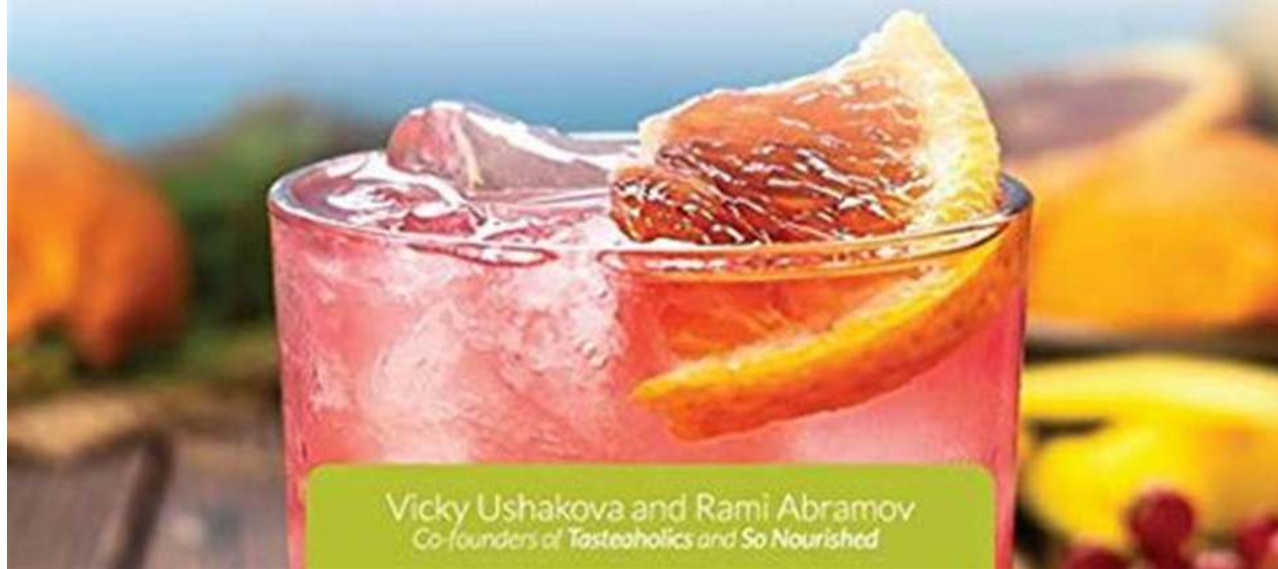
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If you're a fan of matcha, you'll love this Iced Matcha Latte. Made with powdered green tea, it provides a natural energy boost and is packed with antioxidants. With just 2 net carbs per serving, it's a guilt-free way to enjoy matcha.

Ingredients:

- 1 teaspoon matcha powder

- 1 cup unsweetened almond milk
- Ice cubes
- Sweetener (optional)

Instructions:

1. In a glass, whisk matcha powder and a small amount of almond milk until fully dissolved.
2. Add ice cubes and remaining almond milk.
3. Sweeten, if desired, and stir well.
4. Serve cold.

These are just a few examples of the delicious low-carb drinks you can enjoy while following a low-carb or ketogenic diet. With a little creativity and some basic ingredients, you can create endless variations to suit your taste preferences. So stay hydrated and satisfied with these refreshing beverages!



Keto Cocktails in Five: 30 Low Carb Drinks. Up to 5 net carbs, 5 ingredients & 5 easy steps for every recipe. (Keto in Five) by Vicky Ushakova (Kindle Edition)

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Created by the duo behind the ultra-popular low carb website, Tasteaholics.com, Keto Cocktails in Five is a cookbook unlike any other, featuring 30 delicious breakfast drinks each requiring only 5 common ingredients and containing up to 5 grams of net carbohydrates. Keto Cocktails in Five is the fifth of the Keto in Five series.

What's in this Cookbook

- 30 low carb breakfast drinks all using just 5 ingredients and 5 net carbs or fewer!
- Beautiful images for each cocktail so you'll know exactly what you'll be enjoying.
- Caloric and macronutrient data – we calculated everything for you so you can track your meals easily.
- Low carb and keto diet basics for beginners and seasoned low carb-ers alike.
- Helpful recipe notes and lots of tips for progress and meal tracking.

Reviews from Top Low Carb Leaders

“I wish I had these easy low carb recipe collections back when I was just getting started on the keto diet. It was tough for me to find simple recipes to get through the day. Try Low Carb makes it easy. I highly recommend the Breakfast, Lunch,

Dinner, Dessert and Cocktails in Five eCookbooks.”

- Lisa MarcAurele, Founder of LowCarbYum.com

“If you’re into flavorful 5 ingredient recipes that are easy to prepare, this eCookbook series is for you. Vicky and Rami keep the focus on simple, standard ingredients.”

- Kimberly Hardesty, Founder of LowCarbMaven.com

“The Keto In Five cookbooks are all about minimalism. The concept is brilliant: every single recipe has five ingredients or less and five net carbs or less! If you are struggling to brainstorm low carb ideas and want something easy, this was tailor made for you. If you are on the keto diet or just trying to cut back on carbs, you will get a lot of value out of this cookbook.”

- Tasha Metcalf, Founder of Ketogasm.com

With Keto Cocktails in Five, succeeding in your low carb diet has never been easier.

- Why 30 Drinks?

When you started the keto diet, you probably thought that was the end of delicious, fun drinks. We're here to show you how silly that is! With Keto Cocktails in Five, you get 30 amazing drinks that will blow you away each and every time.

- Simple and Delicious

Keto Cocktails in Five is a month’s worth of simple, delicious, low carb (keto) drink recipes that are each made with just 5 common ingredients and are up to 5 grams of net carbs! There’s nothing better than a refreshing low carb drink.

- Low Carb Made Easy

Enjoy classic cocktails like mint mojitos, sex on the beach and low-carb margaritas as well as unique recipes like sparkling white sangria, a New Year's sparkler any time you like. Living a low carb lifestyle has never been more enjoyable!

Being Low Carb is Easier Than Ever!

Up to 5 Net Carbs per Serving

You can count the carbs in each drink on one hand! Go ahead, have seconds, you'll still be within your daily carb limit.

5 Ingredients per Recipe

Cutting down the amount of ingredients reduces cost, time, complexity and even the willpower needed. Less is more.

Nutritional Information

Calculating your daily calories and macros is crucial to hitting your goals sooner. We calculated each recipe so you don't have to.

Personal Support

Have a general question about the low carb diet or something specific about one of the keto drinks? Email Vicky and Rami directly any time!



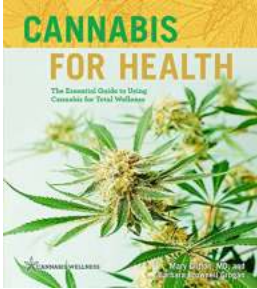
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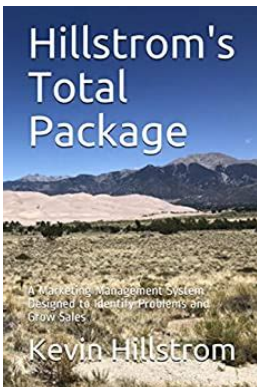
150 Quick And Easy Non Chocolate Dessert Recipes

Are you tired of the same old chocolate desserts? Do you crave a sweet treat that goes beyond the average chocolate bar? Look no further! In this article, we...



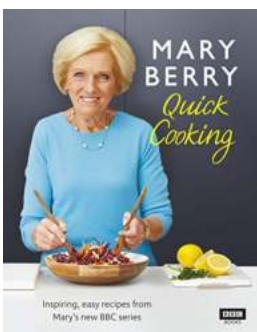
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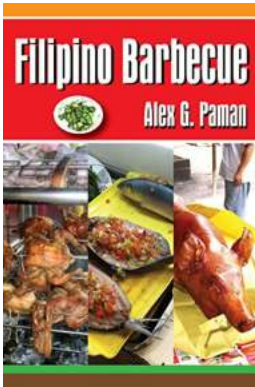
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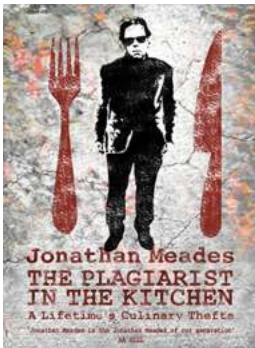
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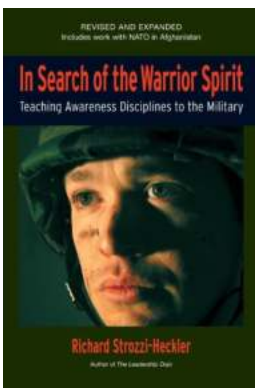
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