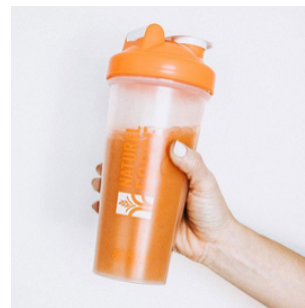


Lemon Juice, Cayenne Pepper, & MCTs - The Ultimate Keto Cleanse Drink



Prep Time

3 minutes

Total Time

3 minutes

Servings

1

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

Blender bottle



Nutrition

153 Calories

5g Fat

0g Protein

4g Net Carbs

Ingredients

- 2.5 cups water (20 oz.)
- 2 tbsp fresh lemon juice (1 oz.)
- 2 tbsp Natural Force Vanilla Keto Coffee Creamer
- 1/4 tsp cayenne pepper
- 1/2 tsp turmeric
- 2-3 drops liquid stevia (optional)
- 2-3 ice cubes

Instructions

1. Combine all ingredients in a Blender Bottle and shake for 20 seconds or until ingredients are evenly combined.
2. Drink and enjoy!