



KISS MY
KETO

50

*Keto Drink
Recipes*



When we talk about the keto diet,

or any diet for that matter, we obsess over food. Food we can and cannot eat is the focal point of most diet-related conversations.



We often forget about something - beverages.

While technically beverages are food, because they are consumed and contribute to an overall nutritional outcome, we usually think of them as a separate category. Keto enthusiasts will likely be able to tell you very quickly what foods are considered keto friendly and what foods are not.

But when it comes to beverages, things can get a little trickier. Keto dieters will often ask, is booze keto-friendly? How about smoothies?



We've made it easier for you here

by offering you the ultimate recipe book of keto drink recipes. You can refer to it anytime you are having friends over for fun, or simply want something other than water to accompany your meal.

Here are **50 drink recipes** for you to try out for any occasion divided into four categories:



Tea and Coffee-Based Drinks
Smoothies and Liquid Meals
Non-Alcoholic Beverages
Alcoholic Beverages

Disclaimer:

This document contains original and curated recipes. Kiss my Keto does not take credit for the recipes created by other keto-enthusiasts, and have included a link to the original post below the recipe.



*Tea and
Coffee - Based
Drinks*

1. Keto Mocha Latte

All mocha lattes you find at your local café's are loaded with sugar – definitely something we don't want on a keto diet. Here you can make your own Keto mocha latte non-keto recipes simply won't be able to compete with.

Note on Full-Fat Milk:
While it is keto-friendly and full of good saturated fats, it can be high in carbs (about 13g per cup). It's fine to include as part of your keto diet, but make sure not to overdo it.

INGREDIENTS

☕ One cup freshly-brewed black coffee
☕ ¼ cup heavy cream ☕ 1 scoop [Keto Cocoa](#)
(or 1 scoop pure cocoa powder - make sure it doesn't have sugar or artificial sweeteners)

DIRECTIONS

1. Heat up cream in the microwave or over the stove. **2.** With a small whisk, whisk the milk until it foams. If you have a milk steamer, you can steam the cream as well to get a nice froth. **3.** Add the coffee and the Keto Cocoa, and stir until blended.



2. Keto Instant Coffee

This is the easiest recipe you'll find here. All you need is Kiss My Keto's [Keto Coffee](#), water, and other keto-friendly ingredients. It's packed with MCTs and Coconut Oil Powder to align with a low-carb, ketogenic diet. No fillers or sugar, and only 2 net carbs.

INGREDIENTS

☕ Kiss My Keto [Chocolate-Flavored Instant Coffee](#) ☕ 10oz water ☕ 1 tbsp [Keto Creamer](#) (optional)

DIRECTIONS

1. Boil enough water for 1 10-oz mug. **2.** Empty sachet into your mug. **3.** Pour boiling water into your mug. **4.** Top off with keto creamer, if desired.



3. Basic Bulletproof Coffee

You'll find variations of this recipe everywhere, but this tried-and-true basic bulletproof coffee recipe is our favorite.

INGREDIENTS

- ☕ 1 cup brewed coffee ☕ 1 tbsp grass-fed butter
☕ 1 tbsp coconut oil

DIRECTIONS

1. Add all ingredients into a blender.
2. Blend for 10-15 seconds and enjoy!

4. Ketoproof Coffee

Curated recipe from [Ruled.me](#)

There are hundreds of bulletproof coffee recipes out there, many like the one mentioned above. You can go above and beyond and make a super-keto bulletproof coffee (ketoproof coffee) by adding MCT or coconut oil and heavy whipping cream in addition to the unsalted butter.

This recipe is a curated version of [Ruled.me](#)'s ketoproof coffee recipe.

INGREDIENTS

☕ 2 cups coffee ☕ 2 tablespoons grass-fed unsalted butter
☕ 2 tablespoons MCT oil or coconut oil ☕ 1 tablespoon heavy whipping cream
(optional) ☕ 1 teaspoon vanilla extract (optional)

DIRECTIONS

1. Brew 2 cups of coffee and put into a bowl or large thermos -large enough to mix the other ingredients in. **2.** Add butter, vanilla, heave cream, and MCT (or coconut oil) into the coffee. **3.** Mix together with an immersion blender and enjoy!



5. Pure MCT Oil Keto Coffee

This recipe, along with the next four, are from [Kiss My Keto's blog!](#)

INGREDIENTS

☕ 2 cups French press coffee ☕ 1-2 tbsp. [Kiss My Keto Unflavored MCT C8 Oil](#)
☕ Stevia sweetener (optional)

DIRECTIONS

1. Brew 2 cups of French press coffee. **2.** Add 1-2 tbsp. Kiss My Keto's Unflavored MCT C8 Oil **3.** Mix with an immersion blender or other high-speed blender. Enjoy!

6. *Instant Creamy MCT Oil Coffee*

This zero-carb coffee tastes better than regular coffee, and it provides you with the fuel you need to get your day started. The best part of all is that you don't need an immersion blender – just add and mix.

INGREDIENTS

- ☕ 2 cups French press or espresso ☕ [Kiss My Keto Unflavored MCT C8 Oil](#)
☕ Stevia sweetener (optional)

DIRECTIONS

1. Make 2 cups of French press, espresso, or drip coffee.
2. Add a scoop of [Unflavored MCT C8 Oil](#) and enjoy.



7. *Cocoa-Flavored Keto Coffee*

It will be hard to believe this coffee is keto-friendly – and so easy to make! The MCT oil contains 67% C8 and 33% C10 fatty acids – both of which are very important for the Keto diet.

INGREDIENTS

- ☕ 1-2 cups coffee ☕ Kiss My Keto Chocolate MCT Oil Powder

DIRECTIONS

1. Brew your favorite type of coffee.
2. Just like with any other creamer, add a scoop of MCT Oil Powder and mix until blended.



8. Keto Coffee On-the-Go with MCT Capsules

If you would like to have a way to make keto-coffee on the road without needing an immersion blender or other fancy ingredients.

INGREDIENTS

☕ 2 cups coffee (1-16-oz cup of coffee)

☕ Kiss my Keto [MCT Oil Capsules](#)

DIRECTIONS

1. Get a 16 oz. cup of coffee at the coffee shop most convenient to you. **2.** Crack open two [MCT oil capsules](#) and pour into the coffee. **3.** Stir in and enjoy.

9. Protein Keto Coffee

Believe it or not, it is possible to get protein in your coffee. While most keto coffees are high in fat, most of them deliver little, if any, protein. Protein can make keto coffee a little easier on your stomach, not to mention provide you with some macro balance.

All you need is delicious chocolate flavored protein that can easily dilute in liquid.

INGREDIENTS

 2 cups coffee  Kiss My Keto – Keto Protein - Chocolate

DIRECTIONS

1. Brew 2 cups (16 oz) of coffee. We recommend drip-over coffee for this one because it often offers a stronger taste to balance out the protein. **2.** Add a scoop of [Kiss My Keto Protein MCT Powder](#) (chocolate flavored). **3.** Mix until blended.



10. Keto Cappuccino

Cappuccino is generally keto-friendly, depending on the ingredients that go into it. Even if you don't have a cappuccino maker at home, here is a simple recipe that will allow you to make a light, keto-friendly cappuccino at home.

INGREDIENTS

 ¼ cup coconut milk  1 cup coffee

DIRECTIONS

1. Microwave the milk until warm. **2.** With a small whisk or fork, vigorously fold the milk until foam begins to appear. **3.** Pour the milk over your favorite brewed coffee.



11. Keto Chai

Authentic chai tea is not made from a powdered tea substance. You can get the same chai taste and make it keto friendly by using authentic Indian chai tea bags. You can find it in most tea aisles in your grocery store.

INGREDIENTS

☕ 1 chai tea bag ¼ cup heavy whipping cream or nut milk ☕ 2 capsules MCT oil

DIRECTIONS

1. Brew 1 cup of chai tea.
2. Heat up cream or milk and blend into the tea with a spoon.
3. Add 2 capsules MCT oil and stir.



12. Keto Black Tea

Plain tea is keto friendly, but sometimes we want a ketogenic boost. You can do this with the Keto Creamer and your favorite black tea. The Keto Creamer is six times more effective than coconut oil to achieve ketosis, which is why it is such a good idea to mix into your drinks.

INGREDIENTS

☕ 1 sachet black tea ☕ 1 scoop [Kiss My Keto's Keto Creamer](#)

DIRECTIONS

1. Brew one cup of black tea.
2. Add 1 scoop of unflavored Keto Creamer MCT oil powder.
3. Blend with a spoon or in an immersion blender.







13. Keto Vanilla Shake

This keto shake uses only three ingredients, and, thanks to the [Kiss My Keto Vanilla Shake](#) mix, it packs in the perfect ratio of macros for the keto diet.

Note that this vanilla shake is meant to be a meal replacement, rather than a snack, so it is high in nutrients.

INGREDIENTS

- 🥛 Coconut milk or unsweetened almond milk
- 🥄 1 scoop Keto Vanilla Shake
- 🧊 Ice 🌿 Cinnamon to taste (optional)

DIRECTIONS

1. Blend all ingredients together and serve!

14. Keto Chocolate Berry Truffle Smoothie

By: [The Keto Queens](#)

This thick, rich smoothie will bring back memories from your childhood when your parents treated you to a chocolate milkshake. Luckily, this decadent milkshake is keto friendly.

This is the curated recipe by The Keto Queens:

INGREDIENTS

- 🥄 ½ medium-sized Haas avocado
- 🥄 2 tablespoons raw, unsalted almonds or pecans
- 🥄 1½ tablespoons unsweetened cocoa powder
- 🥄 1 packet (1g) stevia
- 🥄 1 pinch sea salt
- 🥄 ¾ teaspoon vanilla
- 🥄 ¼ cup heavy whipping cream
- 🥄 ¾ cup frozen mixed berries (our mix includes raspberries, strawberries, and blueberries)

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth.



15: Green Keto Smoothie Bowl

By: [Appetiteforenergy.com](#)

This is a great nutritive breakfast bowl that will boost your morning.

Note that it does include small amounts of foods that are not generally promoted in the keto diet, but adding just a tad, and making sure to count your macros, will be essential for this smoothie to be a part of your keto diet.

INGREDIENTS

- 🥄 ½ large avocado (140g or 5oz flesh)
- 🥄 1 cup spinach
- 🥄 1 ½ cups coconut milk
- 🥄 ½ tsp ground cinnamon
- 🥄 8 drops liquid stevia or to taste
- 🥄 Handful ice

DIRECTIONS

1. Put all of the ingredients in a blender and blend until smooth.



16: Strawberry Lemonade Green Smoothie

By: [The Organic Dietician](#)

This green smoothie is packed with berries, seeds and creamy goodness.

INGREDIENTS

- 🥄 1 cup frozen or fresh strawberries
- 🥄 1 small lemon or ½ large lemon
- 🥄 ½ avocado, peeled and seeded
- 🥄 1 tablespoon pumpkin seeds
- 🥄 3 brazil nuts
- 🥄 1 tablespoon chia seeds
- 🥄 2 tablespoons hemp seeds
- or 2 scoops collagen peptides
- 🥄 2 cups spinach
- 🥄 ½ cup unsweetened almond milk
- 🥄 ½ cup water

DIRECTIONS

1. Add all the carefully-measured ingredients to a blender and blend until smooth.

17. Simple Blueberry Shake

If you're in a rush and want something substantial to start your day, try out this blueberry shake that provides a complete keto meal, and adds some extra antioxidants.

INGREDIENTS

- 🥛 1 ½ cups almond or hemp milk (unsweetened)
- 🥛 ½ cup frozen blueberries
- 🥛 1 scoop [Kiss My Keto Vanilla Shake](#)

DIRECTIONS

1. Blend together until smooth. If you don't have frozen blueberries, you can add fresh blueberries and ice to give it extra thickness.



18. Green juice

This is a light and refreshing option to switch out for plain water, or if you simply need a boost of nutrients in your day.

INGREDIENTS

- 🥛 1 cucumber
- 🥛 2 stalks celery
- 🥛 1 cup spinach
- 🥛 2 sprigs of mint
- 🥛 1 tbsp. chia seeds
- 🥛 Water
- 🥛

Optional: 1 cup tart orange juice (better if it is fresh-squeezed, since it is lower in carbs) or tart cranberry juice. This will give it a bit more body and sweetness.

DIRECTIONS

1. Blend together until smooth.

19. Minty Green Protein Smoothie

By: [Sugarfreemom.com](https://sugarfreemom.com)

This thick shake will keep you going, get you your protein and antioxidants, and will also help calm that sweet tooth.

This is a curated recipe originally from [Sugarfreemom.com](https://sugarfreemom.com).

INGREDIENTS

- 🥛 ½ avocado
- 🥛 1 cup fresh spinach
- 🥛 10-12 drops Stevia drops
- 🥛 1 scoop protein powder, or [Kiss My Keto Vanilla Shake](#)
- 🥛 ½ cup unsweetened almond milk
- 🥛 ¼ tsp peppermint extract or 1 sprig fresh peppermint
- 🥛 1 oz. cacao nibs
- 🥛 1 cup ice

DIRECTIONS

1. Blend together until smooth.



20. Clean & Green Smoothie

By: [Naomiwhittel.com](https://naomiwhittel.com)

This smoothie is filled with good nutrients from real food that have antioxidant and anti-inflammatory properties. It also includes MCT oil to help provide you to energy you need when you are in ketosis.

This is a curated recipe originally from [Naomiwhittel.com](https://naomiwhittel.com)

INGREDIENTS

- 🥛 1 cup filtered water
- 🥛 ½ avocado
- 🥛 1 tablespoon MCT oil
- 🥛 ½ organic cucumber
- 🥛 1 large handful dark leafy greens
- 🥛 1 – 2 leaves dandelion
- 🥛 2 tablespoons parsley
- 🥛 2 tablespoons hemp seeds
- 🥛 Juice from 1 lemon
- 🥛 ¼ teaspoon turmeric powder or 2 turmeric capsules

DIRECTIONS

1. Blend together until smooth.



21. Blueberry Coconut Chia Smoothie

By: [AllDayIDreamAboutFood.com](https://alldaydreamaboutfood.com)

This hefty smoothie is just as delicious as it sounds. It provides tons of healthy fat and plant-based protein, plus antioxidants to keep your cells healthy.

This is a curated recipe originally from [AllDayIDreamAboutFood.com](https://alldaydreamaboutfood.com).

Note: *This recipe is slightly higher in carbs – it provides about 11g in a serving. Feel free to enjoy, but balance out your carb intake with the rest of your meals.*

INGREDIENTS

🥄 1 cup frozen blueberries 🥄 1 cup full fat Greek yogurt (or sugar-free almond milk for a lower-carb option) 🥄 ½ cup coconut cream 🥄 1 cup unsweetened cashew or almond milk 🥄 2 tbsp coconut oil 🥄 2 tbsp ground chia seeds

DIRECTIONS

1. Combine all ingredients in blender and blend until smooth. 2. Makes 4 servings.

22. Keto Cinnamon Almond Butter Breakfast Shake

By: [IBreatheImHungry.com](https://www.IBreatheImHungry.com)

This is a curated recipe originally from [IBreatheImHungry.com](https://www.IBreatheImHungry.com).

Warning:
this meal-replacement shake is highly addictive. It is slightly sweet, filling, and the cinnamon makes it taste like the holidays in a glass.

INGREDIENTS

🥛 1 ½ cups unsweetened nut milk 🥛 1 scoop collagen peptides or [Keto Creamer](#) for a keto boost.
🥛 2 Tbsp almond butter 🥛 2 Tbsp golden flax meal
🥛 ½ tsp cinnamon 🥛 15 drops liquid stevia 🥛 ⅛ tsp almond extract 🥛 ⅛ tsp salt 🧊 6-8 ice cubes

DIRECTIONS

1. Blend together all ingredients until smooth.



23. Simple Chocolate Keto Shake

This three-ingredient shake is just what you need as a keto dessert or snack.

INGREDIENTS

🥛 1 ½ cup unsweetened nut milk of your choice 🥛 1 scoop MCT Oil chocolate powder (like [Kiss My Keto's Keto Cocoa](#)) 🥛 1 tsp. vanilla extract 🥛 ½ cup ice

DIRECTIONS

1. Blend together until smooth.



24. Easy Pink-n-Green Smoothie

If you're in a rush, or making smoothies for your family, this one is kid and adult-friendly.

INGREDIENTS

🥛 ½ cup Greek yogurt 🥛 1 cup nut milk 🥛 1 hand full spinach
🥛 ½ cup frozen organic strawberries 🥛 Coconut flakes (optional)

DIRECTIONS





1. Blend ingredients together until smooth.



25. Mocha Smoothie

If you've already tried (and are addicted to) some keto coffee drinks mentioned above, this one will be perfect for you.

INGREDIENTS

-  ½ cup nut milk or whole milk (keep note of your carb count)  1 cup brewed and cold coffee  1 scoop [Kiss My Keto's Keto Cocoa](#)  ½ cup ice

DIRECTIONS

1. Blend ingredients together until smooth.



26. Tropical Keto Smoothie

The berries, avocado and coconut oil give this keto smoothie quite the tropical taste.

INGREDIENTS

- 🥛 ½ avocado
- 🥛 ½ cup raspberries (frozen)
- 🥛 1 tbsp coconut oil
- 🥛 1 ½ cup tart cranberry juice
- 🥛 1 tbsp. chia

DIRECTIONS

1. Blend ingredients together until smooth.



27. Raspberry Keto Smoothie

By: [Delish.com](https://www.delish.com)

This light smoothie is great as a compliment to a meal, or as a hydration booster.

This is a curated recipe originally from [Delish.com](https://www.delish.com).

INGREDIENTS

- 🥛 2 c. frozen strawberries
- 🥛 2 c. frozen raspberries, plus more for garnish (optional)
- 🥛 2 c. frozen blackberries
- 🥛 2 c. coconut milk
- 🥛 1 c. baby spinach
- 🥛 ½ freshly squeezed orange juice (should be tart- no sugar added)
- 🥛 Unsweetened shaved coconut, for garnish (optional)

DIRECTIONS

1. Blend ingredients together until smooth.
2. Top with shaved coconut



28. Mint Coco Keto Smoothie

By: [Mthnutrition.com](https://mthnutrition.com)

Refreshing, filling, and offers a good protein boost. It also contains tons of antioxidants, healthy fats, and electrolytes for good measure.

This is a curated recipe originally from [Mthnutrition.com](https://mthnutrition.com).

INGREDIENTS

🥛 4oz full fat coconut milk 🥛 4oz water 🥛 ½ cup frozen cauliflower 🥛 ½ avocado 🥛 1 scoop collagen protein 🥛 1 tsp vanilla extract 🥛 1 tbsp chopped mint 🥛 1 tbsp cacao powder
🥛 1 tbsp coconut oil 🥛 dash of ceylon cinnamon 🥛 dash of himalayan sea salt

Optional toppings: *coconut flakes, chia seeds, flaxseeds, hemp seeds, pumpkin seeds, sliced macadamia nuts*

DIRECTIONS

1. Blend ingredients together until smooth. 2. Top with garnish (optional)

29. No Guilt Chai Tea Smoothie

By: [Juicinmama.com](https://juicinmama.com)

Frappa-what? No need to be craving anyone's frozen coffee drink with this smoothie. We've suggested adding a few capsules of MCT oil for a keto boost.

This is a curated recipe originally from [Juicinmama.com](https://juicinmama.com)

INGREDIENTS

- 🥛 1 cup Brewed Chai Tea
- 🥛 ½ cup Unsweetened Vanilla Almond Milk
- 🥛 1 scoop Vanilla Protein (I use vegan protein, but use what you like)
- 🥛 5 packets Stevia (I may have a sweet tooth)
- 🥛 1 pinch Ground Cinnamon
- 🥛 1 cup Ice Cubes
- 🥛 1 tsp. MCT oil

DIRECTIONS

1. Combine and blend until smooth.



30. Chocolate-Covered Macadamia Creeme

By: [Naomiwhittel.com](https://naomiwhittel.com)

This filling smoothie is more like a chocolate shake than anything else. It's hard to believe it's keto! It's recipes like this that convince your friends to take on the keto diet, too.

This is a curated recipe originally from [Naomiwhittel.com](https://naomiwhittel.com).

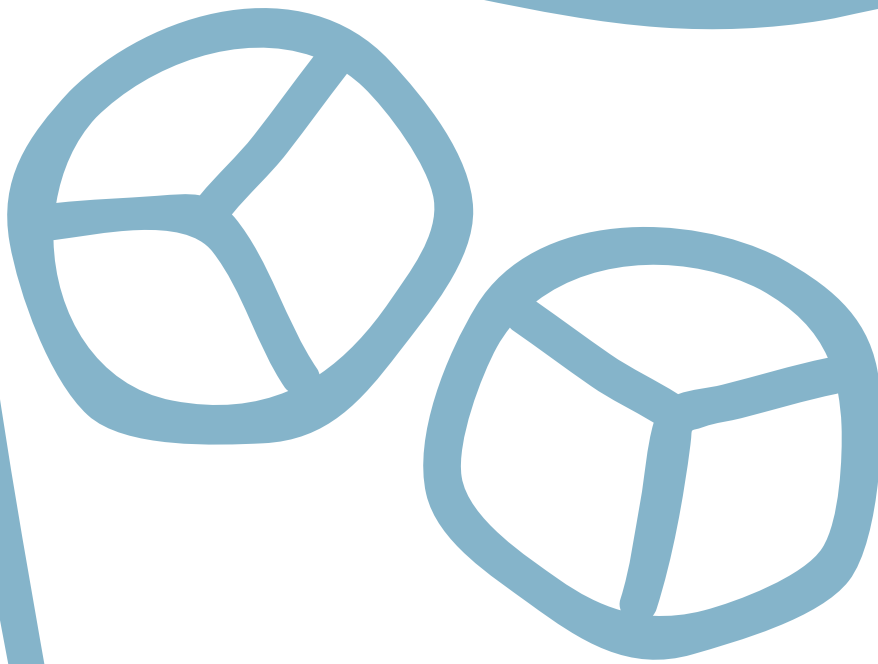
INGREDIENTS

- 🥛 1 cup unsweetened vanilla almond milk
- 🥛 2 tablespoons macadamia nuts
- 🥛 1 teaspoon MCT oil
- 🥛 1 tablespoon coconut butter
- 🥛 2 tablespoons chia seed
- 🥛 1 tablespoon cacao
- 🥛 1 serving of high-quality collagen peptides

DIRECTIONS

1. Combine and blend until smooth.

Non-Alcoholic Beverages



Bored of water, here are 10 drink alternatives you can make in a flash. These are simple, so they are in list form, rather than full recipe form.

31. Seltzer + Lime

32. Club soda + Crushed mint

33. Virgin Limonada (classic Latin America beverage):

Seltzer water + juice from two limes + salt.

You can add salt to the rim for extra yumminess

34. Coconut water + lime

(note – has about 9g carbs)

35. Brewed iced tea + lime

36. Sparkling water + crushed raspberries

37. Tart cranberry juice

(make sure it doesn't have any added sugars) + squeeze of orange

38. Keto Hot Chocolate:

Hot nut milk + [Keto Cocoa](#)

39. Vanilla Keto Hot Chocolate:

Hot nut milk + [Keto Vanilla Shake](#)

40. "Brewed water":

Pitcher of water + favorite low carb fruits crushed and "brewed" in the pitcher overnight.



*Cocktails
and Alcoholic
Beverages*

Some [spirits and alcoholic beverages](#) are okay on the keto diet but remember that alcohol should always be enjoyed in moderation. Alcohol provides calories as well, and the body's metabolism shifts to try to eliminate it.



41. *Corona Premier + Lime*

Some beers are very low in carbs, and this can fit well with a keto diet. You can make a keto-friendly Corona by choosing the new Corona Premier (with only 2.6g of carbs) and adding a slice of lime.



42. Keto Sangria

Dry wines are generally keto friendly, with about 2g of carbs per glass.

You can make a keto sangria as follows:

INGREDIENTS

🍷 1 bottle dry wine 🍷 1 bottle sparkling water 🍷 1-2 cups sliced and crushed berries 🍷 1 sliced orange

DIRECTIONS

1. Pour together the wine and the water.
2. Mix in the crushed berries and orange.
3. Pour in wine glasses and enjoy.



43. Keto Margarita

We're going to skip on the Cointreau or margarita mix for this one.

INGREDIENTS

🍷 Juice from 5 limes 🍷 Water 🍷 Tequila 🍷 Salt 🍷 Ice

DIRECTIONS

1. Rub the edge of the glasses with lime and dip in salt.
2. In a blender, mix water, lime, and tequila and ice.
3. Blend together until smooth.
4. Serve in salted glass.







44. Keto Bloody Mary Cocktail

By: lbreatheimhungry.com

INGREDIENTS

🍷 4 ounces unsweetened tomato vegetable juice (I used V-8 Classic)
🍷 2 ounces vodka 🍷 1 teaspoon Worcestershire sauce 🍷 2 teaspoons (or more)

prepared horseradish  ¼ teaspoon smoked tabasco sauce  ½ teaspoon
granulated sugar substitute  ½ teaspoon ground black pepper  1 teaspoon
fresh lemon juice

Garnish options: *shrimp, celery, olives, or bacon*

DIRECTIONS

- 1.** Combine all of the ingredients in a cocktail shaker with ice. **2.** Shake well.
- 3.** Strain into a 10 ounce highball glass filled with ice. **4.** Garnish with celery, chilled cooked shrimp, olives, and/or cooked bacon as desired.



45. Strawberry Margaritas

By: SwerveSweet.com

INGREDIENTS

🍹 2 cups ice 🍹 1 cup sliced strawberries 🍹 4 oz. tequila 🍹 1-2 tbsp Swerve Sweetener or Stevia 🍹 2 lime wedges 🍹 2 strawberries

DIRECTIONS

1. In a blender, combine all ingredients except lime wedges and whole strawberries.
2. Divide into two glasses and serve.



46. Low - Carb Vodka Chata

By: Mylifecookbook.com

INGREDIENTS

🍹 1 oz vodka 🍹 ½ cup unsweetened almond milk 🍹 2 Tbsp. heavy cream
🍹 ¼ tsp. vanilla 🍹 ¼ tsp. cinnamon 🍹 ¼ tsp. nutmeg 🍹 Stevia (could be vanilla Stevia)

DIRECTIONS

1. Blend ingredients together.
2. Serve over ice.



47. Low - Carb Vodka Mojito Recipe

By: Ketogasm.com

INGREDIENTS

🍹 4 fresh mint leaves 🍹 2 tbsp. lime juice 🍹 2g granulated stevia 🍹 Crushed ice
🍹 1 shot Vodka 🍹 1 splash club soda 🍹 Lime slice for garnish

DIRECTIONS

1. Smash mint leaves with lime and stevia
2. Fill glass with ice
3. Add vodka
4. Add splash of club soda
5. Garnish with lime and mint

48. Low - Carb Cosmopolitan Cocktail Recipe

By: Veryfitwell.com

INGREDIENTS

- 🍸 1 jigger vodka
- 🍸 2 tsp. unsweetened cranberry juice and 2 tbsp water
- 🍸 1 tsp. lime juice
- 🍸 2-3 drops orange extract
- 🍸 1 drop liquid stevia
- 🍸 Lime wedge for garnish

DIRECTIONS

1. Add all ingredients except garnish in a cocktail shaker with ice.
2. Shake well.
3. Serve and garnish.



49. Low - Carb Moscow Mule (Sugar Free)

By: lbreatheimhungry.com

INGREDIENTS

Ginger syrup: 🍹 ½ cup thinly-sliced, peeled ginger 🍹 2 cups water

🍹 1/3 cup swerve or equivalent in stevia

Moscow Mule: 🍹 4 oz. premium vodka 🍹 1 oz. fresh lime juice 🍹 1 oz. ginger syrup 🍹 8 oz. diet ginger ale (note- may not be suitable for your keto diet)

🍹 Fresh mint leaves to garnish

DIRECTIONS

For syrup: **1.** Combine ingredients in saucepan and bring to boil. **2.** Lower the heat and bring to simmer. **3.** Cool for 1 hour. **For Moscow Mules** **1.** Combine ingredients in a pitcher and mix. **2.** Garnish with mint leaves.



50. Sex on the Beach

By: Lowcarb-ology.com

INGREDIENTS

🍹 1 ½ oz vodka 🍹 ½ oz cranberry-flavored vodka 🍹 4-6 oz. club soda

🍹 1 slice lime or strawberry 🍹 Ice

DIRECTIONS

1. Put all ingredients except club soda in a cocktail mixer with ice. **2.** Shake well. **3.** Pour over ice in a glass. **4.** Top with club soda.

REFERENCES:

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