



KETO COCKTAILS AND MOCKTAILS

**30 Quick and Easy Cocktails &
Refreshing Mocktails Recipe
for A Healthy Keto Diet!**

TRANSFORM YOUR FITNESS

KETO COCKTAILS AND MOCKTAILS:

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Introduction

Many people follow the keto diet and enjoy it. This diet encourages a lower carb intake and forces your body to use up stored fat for energy instead. If you are on a diet, you may be wondering what to drink with this low-carb diet plan. There is no need to give up the enjoyment of alcohol and beverages that you love, as they can be enjoyed in moderation while you are on a diet. This book presents a list of delicious, mouthwatering keto cocktails and mocktails that you can enjoy on a keto diet, along with the health benefits of drinking keto drinks.

Navigating food and drinks that support ketosis can be a little tricky at first, but rest assured, you can absolutely enjoy alcoholic and non-alcoholic beverages on keto once you know what to look for. By all means, stay focused on your health and enjoy yourself within the limits of your diet.

Drinking on keto does have its challenges out in the wild. What and how much you drink will affect your ability to stay in ketosis. Unfortunately, most bars don't cater to the keto crowd, and many beverages, mixers, and garnishes are locked and loaded with sugar. We'll explore which drinks best support ketosis and wow your guests at a party you're hosting or attending.

With the variety of drinks presented in the book, you will never get bored and will always have something new to try.

So, get ready to enjoy yourself with your loved ones and friends as you drink these cocktails and mocktails that you can try out at home!

Chapter 1. KETO COCKTAILS

1. Amaretto Cherry Cocktail



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 2

Ingredients:

- 1 cup champagne
- 1 cup fresh cherries, pitted
- 2 cups brut prosecco, chilled
- ½ cup egg whites, pasteurized
- ½ cup lemon juice

Directions:

1. Add the cherries to a glass jar. Pour the amaretto over the cherries in the container, and cover. Gently shake before storing for around 48 hours to two weeks in a dry and cool place.
2. After storing it for a certain period, use a sieve to strain the cherries into a bowl—Reserve the cherries and amaretto since you will be using them later.

3. Pour the amaretto in a quart-sized mason jar or a cocktail shaker. Mix in the egg whites and lemon juice. Add ice to the mixture.
4. Cover the jar or shaker and shake it for around 15 seconds.
5. Strain the mixture in champagne flutes or chilled cocktail coupes. Each flute or coupe should have around one-fourth cup of the mixture.
6. Top the drink with 1/4 cup prosecco, then garnish it with cherries. Serve this drink right away.

Nutrition: Calories: 110, Carbs: 24g, Fat: 0g, Protein: 4g

2. Party Mimosa



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 12

Ingredients:

- 1 (12-oz) can mango-apricot nectar
- 3/4 cup cold water
- 1 (12-oz) can pineapple juice
- 3 cups cold champagne
- 1 (6-oz) can undiluted orange juice concentrate, frozen then thawed

Directions:

1. In a pitcher, stir the pineapple juice, orange juice concentrate, water, and apricot nectar. Make sure to mix everything well.
2. Pour the sparkling wine into the mixture. Serve.

Nutrition: Calories: 127, Carbs: 10g, Fat: 0g, Protein: 1g

3. Raspberry Cocktail



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 4

Ingredients:

- 2 bottles of cold sparkling wine
- 4 spoons of honey
- 2 cups fresh raspberries

Directions:

1. Pour the cold wine into your punch bowl. Pour in the honey, then stir well. Add the raspberries.
2. Serve as an aperitif, using a silver spoon to pour in cups or flutes.

Nutrition: Calories: 90, Carbs: 22g, Fat: 0g, Protein: 0g

4. Bishop Cocktail



Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 3

Ingredients:

- 1 oz orange juice
- 2 teaspoons runny honey
- 2 ½-oz tawny port wine
- 3 oz boiling water
- 7 cloves

Directions:

1. Muddle cloves in the base of the shaker. Put in boiling water and stir in honey and other ingredients—strain into preheated heat-proof glass.
2. Garnish with grated nutmeg and serve.

Nutrition: Calories 164.81, Fat 0g, Carbs 8.62g, Protein 0.58g

5. Basil and Pomegranate Champagne Cocktail



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 4

Ingredients:

- 2 fresh basil leaves
- 4 oz. champagne
- 1 tbsp. pomegranate juice

Directions:

1. Put the basil leaves in the bottom of the champagne flute. Add the pomegranate juice.
2. Muddle the leaves lightly to release their flavor. Top the mixture with champagne. Serve.

Nutrition: Calories 108.16, Fat 0.01g, Carbs 5.62g, Protein 0.03g

6. Mulled Apple Champagne Punch



Preparation time: 15 minutes

Cooking time: 10 minutes

Servings: 15

Ingredients:

- 1 tbsp. orange zest, grated
- 3 tbsps. pumpkin pie spice
- 1 (12 oz.) can apple juice concentrate, frozen & thawed
- 1 (8-oz.) can pineapple chunks
- 3-quart Chablis wine
- 1 (25-oz.) bottle dry champagne, chill before using
- 1 (4-oz) jar drained maraschino cherries
- 1 orange, slice them into round shapes

Directions:

1. Mix the orange zest, pumpkin pie spice, and apple juice concentrate in a pan. Boil the mixture, then simmer for around 10 minutes.

2. Once done, you can remove the pan from heat. Add white wine. Store in the fridge to chill overnight.
3. Use a coffee filter to strain the chilled wine mix. Be careful to avoid disturbing the spices that have already settled at the bottom part of the pitcher.
4. To prepare the ice ring, you need to mix the maraschino cherries, orange slices, and pineapple chunks in a mold shaped like a ring. Fill the rest of the mold with water. Freeze overnight.
5. Unmold the ice ring, slice into pieces and add it to the punch.

Nutrition: Calories 113.16, Fat 0.07g, Carbs 28.93g, Protein 0.05g

7. White Wine Citrus Sangria



Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 8

Ingredients:

- 1 sliced navel orange, large
- 2 sliced lemons, fresh
- 2 sliced limes, fresh
- 1/4 cup of mint leaves, fresh

- 1/2 cup of vodka, citrus
- 2 tbsp. of nectar, agave
- 2 bottles of wine, dry white

Directions:

1. Add all ingredients to a large-sized pitcher.
2. Stir to combine well. Add ice to glasses and serve.

Nutrition: Calories 89.36, Fat 1.13g, Carbs 11.46g, Protein 0.66g

8. Martini Royale Cocktail



Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 1

Ingredients:

- ½ part Pink Martini
- 2 orange wedges
- ½ part Martini Prosecco Sigillo Blu

Directions:

1. Pour Pink Martini and Prosecco in a hurricane or balloon glass with lots of ice.
2. Squeeze an orange wedge inside. Serve for an aperitif or after dinner.

Nutrition: Calories 258.72, Fat 0g, Carbs 32.28g, Protein 0g

9. Gin Salad Dry Martini



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 2

Ingredients:

- ½ oz dry vermouth
- 1 dash orange bitters
- 2 & ½-oz London dry gin

Directions:

1. Stir the fixings with ice and strain into chilled glass. Garnish using green olives and cocktail onions.

Nutrition: Calories: 174, Carbs: 0g, Fat: 10g, Protein: 0g

10. Traditional Negroni Cocktail



Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 1-2

Ingredients:

- $\frac{3}{4}$ oz vermouth, the sweet version works well with this cocktail
- $\frac{3}{4}$ oz Campari
- $\frac{3}{4}$ oz gin
- A handful of ice cubes
- A few orange slices for decoration

Directions:

1. Take a mixing jug and add the Campari, gin, and vermouth, combining well. Add the ice and stir until the outside of the container starts to feel icy.
2. Use a strainer to pour the drink into a tumbler glass. Add some more ice and garnish with orange slices.

Nutrition: Calories 216.62, Fat 0g, Carbs 26.96g, Protein 0g

11. Refreshing Mint Julep



Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 1

Ingredients:

- 2 oz bourbon
- 2 ½ tsp honey
- 10 fresh mint leaves
- A handful of ice cubes
- Crushed ice, as you like

Directions:

1. Take a cocktail shaker and add the bourbon, honey, and mint. Add the ice cubes and shake well.

2. Fill a julep glass or a highball glass with crushed ice. Use a strainer to pour the cocktail into the glass.
3. Use a long-handled spoon and churn the cocktail by moving it around quickly inside the glass. Put a little more crushed ice and serve with a straw.

Nutrition: Calories 156.43, Fat 0g, Carbs 15.1g, Protein 0g



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 10

Ingredients:

- 1/4 cup fresh strawberries, sliced
- 1 1/2 oz tequila
- 1 oz lime juice
- 1/2 oz triple sec
- 1 teaspoon honey, or to taste
- 1 cup ice cubes

- 1 wedge lime (optional)
- 1 tsp sugar (optional)

Directions:

1. Mix the strawberries, tequila, lime juice, triple sec, plus honey in your blender, then blend within 10 seconds. Put the ice cubes; then blend again on high until the ice is crushed, within 15 seconds.
2. Rub the lime wedge around your glass rim. Spread 1 teaspoon sugar (optional) onto a plate. Dip glass rim in sugar to coat. Pour margarita into the glass.

Nutrition: Calories 166.05, Fat 0g, Carbs 27.18g, Protein 0.57g

13. Blueberry Mojito



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 2

Ingredients:

- 3 lemons, chopped
- 11.8 oz. white rum
- 3 1/4 oz. blueberries
- 20.2 oz. sparkling water
- 2 bruised mint sprigs, with leaves

- 2 tbsp honey

Directions:

1. Muddle the lemons, blueberries, and honey together to get a syrup-like mixture in a jar.
2. Add the mint leaves and some ice cubes to the jar. Pour the water and the rum, and stir everything together.

Nutrition: Calories 10.55, Fat 0g, Carbs 2.59g, Protein 0.19g

14. Boozy Coconut Pineapple Mango Cocktail



Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 2

Ingredients:

- 8 oz rum, Malibu is a good choice for this coconut-based cocktail
- 17 oz fresh pineapple juice
- 17 oz fresh mango juice
- 8 oz tinned coconut milk
- A handful of ice cubes
-
- A few slices of pineapple for decoration

Directions:

1. Take a large mixing jug and add the ingredients together; combine well. Add some ice to each glass.
2. Pour the punch into each glass. Decorate with a slice of pineapple.

Nutrition: Calories: 240, Carbs: 25g, Fat: 15g, Protein: 2g



15. Bloody Mary Cocktail

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 2

Ingredients:

- 7 oz. tomato juice
- 1 tsp sherry vinegar
- 2 oz. vodka
- Ice cubes, as needed
- 2 tbsp amontillado sherry
- A pinch of salt

- Tabasco, to taste
- Worcestershire sauce, to taste
- Lemon juice, as needed
- Celery sticks to garnish
- Lemon wedges, to garnish
- Pepper, to serve (optional)

Directions:

1. Pour the vodka, tomato juice, sherry vinegar, and amontillado into a tall glass along with some ice cubes.
2. Season with Tabasco, celery salt, and Worcestershire sauce. Add lemon juice to taste. Serve with lemon wedges, celery sticks, and freshly ground black (optional).

Nutrition: Calories: 45, Carbs: 9g, Fat: 1g, Protein: 2g

Chapter 2. KETO MOCKTAILS

16. Sweet Virgin Sunrise Mocktail



Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 3

Ingredients:

- 4 oz. fresh orange juice
- Ice, as needed
- ½ oz. grenadine
- Orange slice, for garnishing

Directions:

1. Pour ice into a highball glass and add the orange juice.
2. Pour grenadine slowly over juice. Use an orange slice to garnish and serve.

Nutrition: Calories: 37, Carbs: 9g, Fat: 0g, Protein: 0g

17. Chicha Morada



Preparation time: 5 hours

Cooking time: 60 minutes

Servings: 4-5

Ingredients:

- 1 fresh pineapple
- 2 Granny Smith apples
- 1 (16 oz) bag dried purple corn
- 2 (2") sticks cinnamon
- ½ tsp whole cloves
- ¾ cup honey
- 7 pints water
- ½ cup + 2 tbsp freshly squeezed lemon juice
- ½ cup + 2 tbsp freshly squeezed lime juice
- 1 tsp kosher salt
- Wheels of fresh lime (to garnish)
- Ice (to serve)

Directions:

1. Trim, peel, and core the pineapple. Set the peel and core to one side. Dice $\frac{1}{4}$ of the diced pineapple (approximately 1 cup) and set the remaining aside for alternative use.
2. Cut one of the cored apples into quarters.
3. In a large pan, combine the pineapple peel, pineapple core, apple with the corn, cinnamon stick, cloves, honey, and 7 pints of water.
4. Cover your pan with a lid and over moderate-high heat, bring to boil.
5. Remove the lid, then adjust the heat down to moderate. Simmer the corn until it softens and the liquid slightly reduces, for approximately 60 minutes.
6. With a slotted spoon, remove any solids and discard them.
7. Strain the liquid into a large size heat-safe bowl and allow it to stand for 45 minutes or until it no longer steams.
8. Whisk in the fresh lemon juice, then the lime juice and salt, and transfer to the fridge for 2 hours until cold.
9. Peel the remaining apple and dice. Add the diced apple and pineapple to a punch bowl or large pitcher.
10. Pour the Chicha Morada over the fruit, garnish with wheels of fresh lime, and serve with ice.

Nutrition: Calories: 150, Carbs: 38g, Fat: 0g, Protein: 1g

18. Peach And Rosemary Iced Tea



Preparation time: 15 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 3 oz water
- 1/3 cup honey
- 1 cup diced peaches

For the mocktail:

- $\frac{3}{4}$ of a liter of water
- 1 Earl Gray Everton teabag
- 3 sprigs of rosemary
- $\frac{1}{2}$ lemon
- $\frac{1}{2}$ peach in wedges

Directions:

1. Boil the water plus the honey in a saucepan. Add the peaches and cook for about 10 minutes. Remove, then let the syrup flavor for about an hour.
2. Meanwhile, boil the tea water and let our Earl Gray with rosemary infuse for 15 minutes.
3. Remove the sachets and the rosemary and add the peach syrup and the juice of $\frac{1}{2}$ lemon.
4. Let it cool and put everything in the refrigerator for about 1 hour. Serve it to your guests with peach wedges, rosemary, and ice cubes.

Nutrition: Calories: 90, Carbs: 24g, Fat: 0g, Protein: 0g

19. Kiwi Mocktail



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 2

Ingredients:

- 1 lemon juice
- 2 peeled and chopped kiwis
- 4 to 5 mint leaves
- 3 tablespoons honey
- 2 cups soda water
- Ice cubes for serving

Directions:

1. Add the lemon juice, kiwis, and mint leaves to a pitcher. Use a muddler to crush the ingredients a little.

2. Top with honey and soda water. Cover the pitcher with plastic wrap and chill for 2 hours.
3. Spoon the ice cubes into serving glasses and top with the drink. Serve immediately.

Nutrition: Calories: 86, Carbs: 19g, Fat: 0g, Protein: 0g

20.No-Wine Baby Bellini



Preparation time: 4 minutes

Cooking time: 0 minutes

Servings: 4

Ingredients:

- 2 ounces sparkling cider
- 2 ounces peach nectar
- Peach slice for garnish (optional)

Directions:

1. Pour peach nectar into a champagne flute. Add sparkling cider slowly.
2. Use peach slice to garnish, if desired. Serve.

Nutrition: Calories: 120, Carbs: 30g, Fat: 0g, Protein: 0g

21. Orange Basil Mocktail



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 6

Ingredients:

- 2 cups orange juice
- $\frac{1}{4}$ cup freshly squeezed lemon juice
- $\frac{1}{2}$ cup soda water
- $\frac{1}{4}$ cup water
- 2 tablespoons honey
- 2-3 basil leaves
- Ice cubes for serving
- Orange slices for garnish

Directions:

1. Mix orange juice, lemon juice, soda water, water, honey, and basil in a pitcher.

2. Spoon ice cubes into serving glasses and pour orange juice on top. Garnish with orange slices and serve immediately.

Nutrition: Calories 133.93, Fat 0.13g, Carbs 30.18g, Protein 2.86g

22. Mango Mint Mocktail



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 4

Ingredients:

- 6 tablespoons fresh mango puree
- ½ lemon, juiced
- 4 tablespoons simple syrup
- 2 cups sparkling water
- Ice cubes for serving
- Fresh mint leaves for serving

Directions:

1. Mix the mango puree, lemon juice, syrup, and sparkling water in a pitcher.
2. Spoon ice cubes into serving glasses and top with the drink. Garnish with the mint leaves and serve immediately.

Nutrition: Calories: 279, Carbs: 28g, Fat: 0g, Protein: 0g

23. Sherbet Spider



Preparation time: 15 minutes

Cooking time: 10 minutes

Servings: 3

Ingredients:

- 1 cup of cranberry juice
- 1 cup of soda water
- Fresh mint
- 2 cups of Greek yogurt
- 1 ½ cups of buttermilk
- 2 tablespoons of fresh lime juice—lime slices to serve
- 3 cups of frozen raspberries
- 1 cup of icing sugar

- 1 teaspoon of vanilla extract

Directions:

1. Into a saucepan over a low flame, combine raspberries, icing, vanilla, and 1 tablespoon of lime juice. Let it cool.
2. Pour in buttermilk and yogurt. Pour into a jug with a lid. Into the freezer till frozen. Spoon into glasses.
3. Top with cranberry, lime, and soda water. Place mint on top to serve.

Nutrition: Calories: 107, Carbs: 22g, Fat: 1g, Protein: 1g

24. Pine Banana Mocktail



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 3

Ingredients:

- 2 oz. pineapple, chopped

- 2 bananas
- 1 oz. honey
- 4 oz. pineapple juice
- 4 oz. sprite
- ice as required

Directions:

1. Put the pineapple, banana, and pineapple juice in a blender. Blend it well to make a smooth drink. Add in honey and blend again.
2. Take the serving glass and put ice in it. Fill the glass with the drink you have made. Top with sprite and serve.

Nutrition: Calories: 206, Carbs: 19g, Fat: 12g, Protein: 2g

25. Cherry Limeade



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 4

Ingredients:

- 6 tbsp tart cherry juice concentrate, store-bought
- 3 cups water or lemon-lime soda
- 1 cup fresh lime juice

- 1 to 2 cups honey (to taste)
- Maraschino cherries (garnish; optional)

Directions:

1. In a large pitcher, combine cherry juice concentrate and water (or soda). Stir well to combine. Add lime juice and stir.
2. Add honey, beginning with $\frac{1}{2}$ cup and adding more until desired sweetness is reached. Serve over ice, garnished with maraschino cherries if desired.

Nutrition: Calories: 220, Carbs: 59g, Fat: 0g, Protein: 0g

26. Guava Watermelon and Lime Icy Mocktail



Preparation time: 20 minutes

Cooking time: 0 minutes

Servings: 3

Ingredients:

- $\frac{1}{2}$ seedless watermelon—chopped
- 1 $\frac{1}{2}$ cups of guava juice
- $\frac{1}{4}$ cup of lime juice
- 2 tablespoons of honey

- Mint and lime to serve in glasses

Directions:

1. In a blender, blitz melon until smooth. Add guava, honey, and lime.
2. Freeze in your fridge for a couple of hours. Stir up and pour into glasses. Add mint and lime, and serve!

Nutrition: Calories: 60, Carbs: 16g, Fat: 0g, Protein: 0g

27. Asian Pear Sparkler



Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 3

Ingredients:

- 1 cup freshly pressed Asian pear juice
- 1 tsp lemon juice
- $\frac{3}{4}$ cup honey
- 4" sprig fresh rosemary

- 1”-piece fresh ginger, peeled & cut into coins
- small grating of fresh nutmeg
- ice, as needed
- soda water, as needed

Directions:

1. Take the pear juice, lemon juice, honey, ginger, rosemary, and nutmeg, then put them into your saucepan.
2. Put over medium heat and let it boil. Reduce the heat and allow the mixture to simmer for about 5 minutes.
3. Stir the mixture continuously, then take the pan and set it to the side for about a half-hour.
4. Run this mixture through the strainer and toss the solids. Allow the mixture to cool completely.
5. Fill your glass with ice halfway. Put 3 tbsp of syrup into the glass. Finish filling with soda water. Stir and serve.

Nutrition: Calories: 80, Carbs: 21g, Fat: 0g, Protein: 1g

28. Elderberry Shrub Mocktail



Preparation time: 20 minutes

Cooking time: 5 minutes

Servings: 3

Ingredients:

- 1 cup elderberries
- 1 cup vinegar
- 1 & ½ cups honey
- soda water to serve

Directions:

1. Place the elderberries into the colander. Hold under running water until clean. Transfer the berries to the jar and mash with a fork.
2. Now add vinegar to the jar and stir. Apply lid to the jar and place in the fridge until the next day. Periodically shake the jar or stir.
3. After removing the jar from the fridge, shake or stir. Strain the mixture and toss solids.
4. Measure the liquid and place it into the saucepan. Put 1 cup of honey for every cup of liquid. Place the pan over medium-low heat.
5. Allow the mixture to reach a boil, stirring often, and boil within 5 minutes. Take off of the heat. Set the pan aside to cool.
6. Transfer the mixture to a bottle and place it in the fridge. Use one part of the mixture to six parts sparkling water in one serving.

Nutrition: Calories: 130, Carbs: 32g, Fat: 0g, Protein: 0g

29. Green Tea Coconut Ice Punch



Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 3

Ingredients:

- 6 oz. water
- 1 bag green tea
- 4 oz. coconut water
- ice as required

Directions:

1. Pour water into your saucepan, and let it boil. When boiling, remove the heat and add the teabag to the saucepan. Let it cool for 10 minutes.
2. Remove the teabag from the water. Take the serving glass and pour tea into it. Fill the glass with coconut water and mix. Top with ice and serve.

Nutrition: Calories: 170, Carbs: 40g, Fat: 0g, Protein: 0g

30. Cantaloupe Mocktail



Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 3

Ingredients:

- 2 oz. cantaloupe cubes
- 4 oz. ginger beer (non-alcoholic)
- 2 oz. water
- 4 oz. Lemonade
- ½ oz. ginger (grated)
- ice as required

Directions:

1. Put the cantaloupe cubes in a zip-lock bag. Put into the freezer for 8 hours.

2. Add the frozen cantaloupe, ginger beer, ginger, water, and lemonade to a blender jug. Blend it until smooth. Pour the mixture into the pitcher.
3. Put the ice into your serving glass and pour out the drink. Serve cold and enjoy.

Nutrition: Calories: 78, Carbs: 18g, Fat: 0g, Protein: 0g

Conclusion

For the keto dieter, alcohol can be a bit of a nightmare. It's high in sugar and carbs, so it doesn't exactly go down well with the diet. And if you want to lose weight, you'll need to cut back on alcohol anyway. But don't despair! There are some keto-friendly drinks out there, which can take the edge off things at happy hour.

Whether you are doing a low-carb diet, fasting, or just want to have a drink with less sugar, these drinks are just right for you!

Start by understanding how the Keto Cocktails & Mocktails works and choose a drink that fits your needs. Learn about the drinks you can have and the ones you should avoid, calculate your macros, plan your meals, and make a list of grocery items you need to buy. To boost results, incorporate some form of exercise every day. It could be a 30-min walk or a high-intensity training session. Try to remain active.

We hope that you will like your time spent with us while you discover new Keto drinks and, who knows, maybe even find a new favorite keto cocktail or mocktail.

With the right drinks, you can support your ketosis and still lose weight fast. Who said you need to give up your favorites? Imagine having all your favorite cocktails and mocktails, but with low carbs and a deliciously kicky taste!