

# BEVERAGES

*NON-ALCOHOLIC AND ALCOHOLIC*



*KETO MOJITO*

WHITE WINE  
BERRY SPRITZ



BASIL GIN & TONIC




# BASIL GIN & TONIC

PREPARATION TIME: 5 minutes | COOKING TIME: None | SERVING: 1

1 shot of gin  
150ml sugar-free tonic  
Small handful of fresh  
basil, chopped  
Juice and zest of ¼ lemon  
Ice

1. Combine all the ingredients in a glass and serve immediately.





   				NUTRITION (per serving)	
Protein	Net Carbs	Fibre	Fat	Alcohol	Calories
0g (0%)	0.8g (2%)	0g	0g (0%)	13.8g (98%)	99kcal

# GINGER BEER

PREPARATION TIME: 5 minutes | COOKING TIME: None | SERVING: 1

25g fresh ginger, grated  
Juice of ½ lemon  
1–2 tsp (5–10ml) erythritol,  
or to taste  
¾ cup (200ml) sparkling  
water

1. Stir all the ingredients together in a glass and adjust the erythritol to taste, if necessary.

   				NUTRITION (per serving)	
Protein	Net Carbs	Fibre	Fat	Calories	
0.5g (6%)	4.8g (86%)	0g	0.2g (8%)	21kcal	

# KETO MOJITO

PREPARATION TIME: 10 minutes | COOKING TIME: None | SERVING: 1

½ lime, cut into wedges or sliced

1 Tbsp (15ml) erythritol

Small handful of fresh

mint, chopped

1 shot of white rum

50ml soda water

Crushed ice

1. Combine all the ingredients in a glass and serve immediately.

## NUTRITION (per serving)

Protein	Net Carbs	Fibre	Fat	Alcohol	Calories
0.3g (1%)	1.8g (6%)	0g	0.1g (0%)	13.8g (93%)	104kcal



# WHITE WINE BERRY SPRITZ

PREPARATION TIME: 5 minutes | COOKING TIME: None | SERVING: 1

⅓ cup (50g) fresh raspberries

150ml white wine

50ml sparkling water

½ tsp (2.5ml) grated lemon zest

Small handful of fresh mint,  
chopped

Ice

1. Place the raspberries in a glass. Use the back of a wooden spoon to mash them slightly.

2. Mix in the remaining ingredients.

## NUTRITION (per serving)

Protein	Net Carbs	Fibre	Fat	Alcohol	Calories
0.6g (1%)	6g (23%)	0g	0.3g (2%)	15.2g (74%)	144kcal

