

KETO//
OS

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RECIPE IDEAS

KETO LEMON TWIST

MAKE IT BETTER

Substitute 3 oz of the sparkling water for 3 oz of ice and blend well.

- 1 lemon squeezed
- 10 oz sparkling water
- 6 oz flat water
- 1 packet of KETO//OS

KETO KOLADA

10 oz Coconut La Croix Sparkling Water

6 oz water

1 packet of KETO//OS

MAKE IT BETTER

Add 2 oz Full Fat Coconut Cream (the solid stuff at the top of the can) plus substitute 3 oz of the water for 3 oz of ice and blend well.

KETO SPA DAY

10 oz Muré Pepino La Croix Sparkling Water

6 oz water

1 packet of KETO//OS

MAKE IT BETTER

Place sliced cucumbers over your eyes, lean back, put your feet up, sip and enjoy.

KETO-JITO

10 oz lime flavored sparkling water

6 oz flat water

Crushed mint leaves

Squeeze of lime

1 packet of KETO//OS

MAKE IT BETTER

Substitute **3 oz** of the sparkling water for **3 oz** of ice and blend well.

#PRUVITEVERYDAY

NUTTY KETO

6 oz water • **6 oz** full fat coconut milk

3 oz heavy cream

Handful of almonds or macadamia nuts

Dash of vanilla bean

1 packet of KETO//OS

MAKE IT BETTER

Add a tablespoon of raw cacao

KETO CIDER

10 oz Apple Cider Clear sparkling water

6 oz flat water

1/2 oz Bragg's Apple Cider Vinegar (with the mother)

1 Squeeze of lime and lemon

1 packet of KETO//OS

EVERY. SINGLE. DAY.

MAKE IT BETTER

Add **3 oz** of ice and blend well.

ENGINEERED FOR BETTER

FUZZY KETO

10 oz Peach Pear La Croix Sparkling Water

6 oz water

1 packet of KETO//OS

MAKE IT BETTER

Substitute **3 oz** of the water for **3 oz** of ice and blend well.