



# Keto Rum Punch

BY KETO KATZ



## Servings & Macros

Serves: 2  
Total Carbs: 6 g, Net Carbs: 5 gm,  
Protein: 1 g, Fat: 1 g, Fiber: 1 gm,  
Sugar Alcohol: 1 gm,  
Calories: 70 kcal, Fun: 100%

## It's Quick!

Prep time: 5 min  
Drink time: depends on  
stress levels

## Let's Get Involved

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[www.facebook.com/ketocookingwithtwokatz](http://www.facebook.com/ketocookingwithtwokatz)

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## Ingredients

- 1 shot white rum
- 1 shot dark rum
- 16 oz fruit punch flavored water or soda water (we mixed soda water with fruit punch crystal light- to taste)
- 1/2 tsp orange extract
- 1/2 lime, juiced

## Instructions

1. Really, you can add all ingredients to container of choice. Mix. Drink. Party.
2. Send us a selfie.

