



# Keto Hurricane Cocktail

BY KETO KATZ



## Servings & Macros

Serves: 2  
Total Carbs: 2 g, Net Carbs: 1 gm,  
Protein: 0 g, Fat: 0 g,  
Sugar Alcohol: 1 gm,  
Calories: 125 kcal, Fun: 100%

## It's Quick!

Prep time: 3 min  
Shake time: as long as you want,  
baby!

## Let's Get Involved

**Instagram**  
[https://www.instagram.com/keto\\_katz\\_](https://www.instagram.com/keto_katz_)  
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## Ingredients

- 2 oz white rum
- 2 oz dark rum
- 1/2 lime, squeezed
- 1/4 tsp orange extract
- 1/4 tsp crystal lite fruit punch powder
- 12 oz sparkling or still water

## Instructions

1. Measure out and add the first 5 ingredients to a container or martini shaker.
2. Shake with meaning and style, then pour it over ice.
3. Add the sparkling or still water. Sip to enjoy!

