

## Watermelon, Mint & Lime Popsicles Recipe



Popsicles, anyone?

There's nothing better at this time of year than a frozen treat, especially if it's alkaline!

These popsicles combine kid-friendly watermelon with adult-friendly mint and lime for a flavor combination that's sure to please everyone. They make a nutritious dessert option on any hot summer day.

Give it a try and let me know what you think over [on](#)

[Facebook](#).

### WATERMELON, MINT & LIME POPSICLES

Ingredients [Makes 6 popsicles]

1/2 medium seedless watermelon, chopped  
Juice and zest of 1 lime  
1 tbsp. chopped mint

#### Directions

Blend all ingredients in a blender and pour into popsicle molds and freeze for several hours or overnight.

An advertisement for a 7-Day Alkaline Cleanse. The background is a top-down view of a white wooden table. On the table are several items: a bowl of vibrant green juice with a green and white striped straw, a white bowl filled with a red soup or stew topped with fresh vegetables and herbs, a bunch of fresh green broccoli, a whole head of garlic, and some fresh parsley. The text on the left side of the image reads: "Lose Weight. Look Better. Reboot Your Health." in a green, sans-serif font. Below this, it says "7-Day Alkaline Cleanse" in a smaller green font. At the bottom left, there is a red button with the white text "SHOP NOW".

REGISTRATION RE-OPENED!

Last night I closed down the registration for the 7-Day Alkaline Cleanse, but so many people reached out trying to get in, we opened it for another 48 hours!

This is your LAST chance to get in to the cleanse, and be personally coached by me, before, during, and after your cleanse is over!

[Learn more here](#) about the cleanse that Kelly Ripa said CHANGED HER LIFE!

GET OFF YOUR ACID!

Dr. Daryl