



# THE ingles TABLE

**Chef Jasmin Queen**

## Watermelon Mint Popsicle

### Ingredients

1 cup Greek Yogurt  
2/3 cup Unsweetened  
Almond Milk  
½ cup Beet Juice  
1 banana  
2 cups of watermelon  
Juice of 1 whole lemon  
3 tsp. honey  
Mint leaves



### Directions

Place all ingredients in blender and blend. Pour liquid into popsicle mold and freeze.

Enjoy!