

Banana Freeze LeanMR

- 2 scoops Chocolate Lean MR
- 1/2 large banana
- 1/2 cup nonfat vanilla frozen yogurt
- 1 cup nonfat milk

Place all ingredients in a blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

Calories	446
Fat (g)	2.5
Saturated Fat (g)	2
Cholesterol (mg)	15
Sodium (mg)	326
Carbohydrate (g)	66
Fiber (g)	10
Protein (g)	35
Calcium (mg)	720

