

Bermuda Triangle LeanMR

- 2 scoops Vanilla LeanMR
- 3 frozen peach slices
- 1/4 cup fresh pineapple chunks
- 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	324
Fat (g)	5.5
Saturated Fat (g)	3.5
Cholesterol (mg)	20
Sodium (mg)	226
Carbohydrate (g)	39
Fiber (g)	10
Protein (g)	28
Calcium (mg)	542

