

Mocha Mint LeanMR

2 scoops Chocolate LeanMR
1oz envelope Swiss mocha coffee mix
1 drop peppermint extract
1¹/₂ cups nonfat milk

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

Calories	441
Fat (g)	4.5
Saturated Fat (g)	3
Cholesterol (mg)	7
Sodium (mg)	480
Carbohydrate (g)	62
Fiber (g)	9
Protein (g)	35
Calcium (mg)	814

