

Peach Berry LeanMR

- 2 scoops Vanilla LeanMR
- 6 oz nonfat peach yogurt
- 2/3 cup peach nectar
- 1/4 cup raspberries
- 3/4 cup ripe medium peach, diced

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

Calories	304
Fat (g)	1.5
Saturated Fat (g)	0
Cholesterol (mg)	2.5
Sodium (mg)	174
Carbohydrate (g)	48
Fiber (g)	12
Protein (g)	24
Calcium (mg)	112

