

Mocha Madness LeanMR

2 scoops Chocolate LeanMR
1 Tbsp instant coffee
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	338
Fat (g)	2.5
Saturated Fat (g)	2
Cholesterol (mg)	7
Sodium (mg)	311
Carbohydrate (g)	39
Fiber (g)	8
Protein (g)	35
Calcium (mg)	778

