

## Banana-Pear LeanMR

- 2 scoops Vanilla LeanMR
- 1/4 medium pear, peeled & chopped
- 1/2 small banana
- 3/4 cup plain nonfat yogurt

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

<b>Calories</b>	<b>385</b>
<b>Fat (g)</b>	<b>1</b>
<b>Saturated Fat (g)</b>	<b>0</b>
<b>Cholesterol (mg)</b>	<b>4</b>
<b>Sodium (mg)</b>	<b>291</b>
<b>Carbohydrate (g)</b>	<b>63</b>
<b>Fiber (g)</b>	<b>13</b>
<b>Protein (g)</b>	<b>33</b>
<b>Calcium (mg)</b>	<b>309</b>

