

Chocolate Malt LeanMR

2 scoops Chocolate LeanMR
1 Tbsp malted milk powder
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	361
Fat (g)	3.5
Saturated Fat (g)	2
Cholesterol (mg)	9
Sodium (mg)	343
Carbohydrate (g)	42
Fiber (g)	8
Protein (g)	35
Calcium (mg)	787

