

Lemon Apple Honey LeanMR

- 2 scoops Vanilla LeanMR
- 1 apple, peeled, cored & chopped
- 1 small banana
- 1/4 cup lemon juice
- 1/2 cup apple cider
- 2 tbsp honey
- 3/4 cup nonfat vanilla frozen yogurt

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

Calories	450
Fat (g)	1.5
Saturated Fat (g)	0
Cholesterol (mg)	10
Sodium (mg)	199
Carbohydrate (g)	84.5
Fiber (g)	11.5
Protein (g)	25
Calcium (mg)	111

