

## Melon Madness LeanMR

- 2 scoops Vanilla LeanMR
- 1 cup cantaloupe or honeydew melon
- 1/2 fresh lemon juice
- 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.

<b>Calories</b>	<b>380</b>
<b>Fat (g)</b>	<b>1</b>
<b>Saturated Fat (g)</b>	<b>0</b>
<b>Cholesterol (mg)</b>	<b>15</b>
<b>Sodium (mg)</b>	<b>240</b>
<b>Carbohydrate (g)</b>	<b>61</b>
<b>Fiber (g)</b>	<b>11</b>
<b>Protein (g)</b>	<b>27</b>
<b>Calcium (mg)</b>	<b>165</b>

