

Fountain of Youth LeanMR

- 2 scoops Vanilla LeanMR
- 1/2 cup frozen blueberries
- 1/2 cup frozen strawberries
- 1/2 cup chilled green tea, unsweetened
- 3/4 cup plain fat free yogurt
- 2 tbsp ground flaxseed
- Turbinado sugar or other natural sweetener to taste

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

Calories	403
Fat (g)	7
Saturated Fat (g)	0
Cholesterol (mg)	4
Sodium (mg)	297
Carbohydrate (g)	54
Fiber (g)	17
Protein (g)	35
Calcium (mg)	332

