

## Blueberry Pear Banana LeanMR

2 scoops Vanilla LeanMR  
1/4 cup frozen blueberries  
1/2 pear, cored  
1/2 small banana, frozen  
1/8 tsp cinnamon  
1 1/4 cups skim milk

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

<b>Calories</b>	<b>398</b>
<b>Fat (g)</b>	<b>2</b>
<b>Saturated Fat (g)</b>	<b>0</b>
<b>Cholesterol (mg)</b>	<b>6</b>
<b>Sodium (mg)</b>	<b>289</b>
<b>Carbohydrate (g)</b>	<b>63</b>
<b>Fiber (g)</b>	<b>14</b>
<b>Protein (g)</b>	<b>32</b>
<b>Calcium (mg)</b>	<b>405</b>

