

Cinnamon Swirl LeanMR

- 2 scoops Vanilla LeanMR
- 1 Tbsp fat-free butter replacement
- 1/2 tsp cinnamon
- 1 1/2 cups nonfat milk

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

Calories	414
Fat (g)	3
Saturated Fat (g)	2
Cholesterol (mg)	47
Sodium (mg)	345
Carbohydrate (g)	63
Fiber (g)	2
Protein (g)	33
Calcium (mg)	788

