

Carrot Mango Yogurt LeanMR

- 2 scoops Vanilla LeanMR
- 1/2 cup carrot juice
- 1/2 cup frozen mango chunks
- 1/4 cup plain nonfat yogurt
- 1 tbsp honey
- 1 1/2 tbsp fresh lime juice

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

Calories	407
Fat (g)	1
Saturated Fat (g)	0
Cholesterol (mg)	1
Sodium (mg)	237
Carbohydrate (g)	75
Fiber (g)	13
Protein (g)	26
Calcium (mg)	147

