

# Strawberry Chocolate Smash LeanMR

2 scoops Chocolate LeanMR  
1 tbsp of chocolate syrup  
1 cup of strawberries  
1<sup>1</sup>/<sub>2</sub> cups nonfat 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>427</b>
<b>Fat (g)</b>	<b>3.5</b>
<b>Saturated Fat (g)</b>	<b>2</b>
<b>Cholesterol (mg)</b>	<b>7</b>
<b>Sodium (mg)</b>	<b>319</b>
<b>Carbohydrate (g)</b>	<b>63</b>
<b>Fiber (g)</b>	<b>11</b>
<b>Protein (g)</b>	<b>35</b>
<b>Calcium (mg)</b>	<b>797</b>

