

Mint Oreo® Crunch LeanMR

- 2 scoops Chocolate LeanMR
- 1 drop peppermint extract
- 2 Oreo® cookies
- 1 cup nonfat milk

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

Calories	406
Fat (g)	9.5
Saturated Fat (g)	4
Cholesterol (mg)	10
Sodium (mg)	368
Carbohydrate (g)	48
Fiber (g)	9
Protein (g)	31
Calcium (mg)	614

