



My AM Energy Fix



Entire recipe: 35 calories, 0g total fat (0g sat fat), 205mg sodium, 5g carbs, 3g fiber, 0g sugars, 2g protein

Green Plan [SmartPoints](#)® value 0*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1 tsp. [Metamucil Sugar-Free Orange Smooth Fiber Powder](#)
- 1 packet [Hungry Girl Your Daily Bright Boost](#)

Directions

Combine all ingredients in a tall glass. Add 10 - 12 oz. cold water, and stir to dissolve.

Add lots of crushed ice (about 2 cups), and enjoy!

MAKES 1 SERVING

HG FYI: A previous version of the recipe called for EBOOST Super Powder and collagen peptides, but it's been updated to reflect Lisa's latest morning drink with the new [Hungry Girl Your Daily Bright Boost](#)!

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.