



My AM Energy Fix



Entire recipe: 25 calories, 0g total fat (0g sat fat), 50mg sodium, 5g carbs, 3g fiber, 0g sugars, 0g protein

Freestyle™ [SmartPoints®](#) value 1*

Prep: 5 minutes



Ingredients

- 1 tsp. [Metamucil Sugar-Free Orange Smooth Fiber Powder](#)
- 1 packet [Orange EBOOST Super Powder](#)

Directions

Combine both ingredients in a tall glass. Add 8 oz. cold water, and stir to dissolve.

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

MAKES 1 SERVING

[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.