



My AM Energy Fix



Entire recipe: 65 calories, 0g total fat (0g sat fat), 98mg sodium, 5g carbs, 3g fiber, 0g sugars, 9.5g protein

Freestyle™ [SmartPoints®](#) value 1*

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 [Orange EBOOST Super Powder](#)
- 1 scoop collagen peptides ([like the kind by Sports Research](#))

Directions

Combine all 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

HG FYI: A previous version of the recipe called for fewer ingredients, but it's been updated to reflect Lisa's latest morning drink!

As an Amazon Associate, we may receive compensation from some of these links.

[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.