



Strawberry Sunshine Power Boost



Entire recipe: 44 calories, 0g total fat (0g sat fat), 46mg sodium, 10.5g carbs, 2g fiber, 5g sugars, 0.5g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 5 minutes



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

Ingredients

- 1 packet [EBOOST Super Powder](#)
- 1 packet no-calorie sweetener, or more to taste
- 3/4 cup frozen strawberries, slightly thawed
- 1/2 cup crushed ice (about 4 ice cubes)

Directions

In a tall glass, combine Super Powder with sweetener. Add 1 cup cold water, and stir to dissolve.

Transfer to a blender. Add strawberries and ice. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

HG FYI: A previous version of the recipe called for [Hungry Girl Your Daily Bright Boost powder](#), which is no longer being produced.

[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.