



My AM Energy Fix



Entire recipe: 60 calories, 0g total fat (0g sat. fat), 98mg sodium, 5g carbs, 3g fiber, 0g sugars, 10g protein

Prep: 5 minutes

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Ingredients

- 1 tsp. [Metamucil Sugar-Free Orange Smooth Fiber Powder](#)
- 1 packet [Orange EBOOST Super Powder](#)
- 1 scoop [Sports Research Collagen Peptides](#) (or other collagen powder)

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 Hungry Girl Your Daily Bright Boost powder, which is no longer being produced.

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