

The Cheerio 12oz Bowl

All nutrition totals are approximations based on ingredient nutrition labels (found on fruitybowlsmn.com)

Ingredients:

- 5oz Coconut Sorbet
- 5oz Cacao Sorbet
- ½ of a Fresh Banana
- 1 tbsp Fresh Strawberry
- 1 tbsp Fresh Raspberry
- ¼ cup Oat Granola
- 1 tsp Coconut Flakes
- 1 tsp Dark Chocolate Drizzle

Calorie Breakdown:

- Coconut Sorbet
 - 230 cal
- Cacao Sorbet
 - 181 cal
- Fresh Banana
 - 52 cal
- Fresh Strawberry
 - 3 cal
- Fresh Raspberry
 - 6 cal
- Oat Granola
 - 126 cal
- Coconut Flakes
 - 18 cal
- Dark Chocolate Drizzle
 - 17 cal

Total Calories: 633 cal

Sugar Breakdown:

- Coconut Sorbet
 - 22g
- Cacao Sorbet
 - 22g
- Fresh Banana
 - 7g

- Fresh Strawberry
 - .4g
- Fresh Raspberry
 - .5g
- Oat Granola
 - 4.1g
- Coconut Flakes
 - .14g
- Dark Chocolate Drizzle
 - 3.7g

Total Sugar: 59.84g