

Hissy Fit 12oz Bowl

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

Ingredients:

- ⅓ cup Dragonfruit Sorbet
- ⅓ cup Blue Cream Spirulina Sorbet
- ⅓ cup Coconut Sorbet
- 1 tbsp Fresh Strawberry
- 1 tbsp Fresh Raspberry
- 1 tbsp Fresh Blueberry
- ¼ cup Oat Granola
- 1 tsp Coconut Flakes

Calorie Breakdown:

- Dragonfruit Sorbet
 - 65 cal
- Blue Cream Spirulina Sorbet
 - 84 cal
- Coconut Sorbet
 - 96 cal
- Fresh Strawberry
 - 3 cal
- Fresh Raspberry
 - 6 cal
- Fresh Blueberry
 - 5 cal
- Oat Granola
 - 126 cal
- Coconut Flakes
 - 18 cal

Total Calories: 403 cal

Sugar Breakdown:

- Dragonfruit Sorbet
 - 10.5g
- Blue Cream Spirulina Sorbet
 - 15.5g
- Coconut Sorbet
 - 9g

- Fresh Strawberry
 - .4g
- Fresh Raspberry
 - .5g
- Fresh Blueberry
 - .9g
- Oat Granola
 - 4.1g
- Coconut Flakes
 - .14g

Total Sugar: 41.04g