

Kitty Krush 12oz Bowl

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

Ingredients:

- ⅓ cup Strawberry Sorbet
- ⅓ cup Mango Pineapple Sorbet
- ⅓ cup Blue Cream Spirulina Sorbet
- 1 tbsp Fresh Strawberry
- 1 tbsp Fresh Mango
- 1 tbsp Fresh Blueberry
- ¼ cup Oat Granola
- 1 tsp Honey Drizzle

Calorie Breakdown:

- Strawberry Sorbet
 - 65 cal
- Mango Pineapple Sorbet
 - 60 cal
- Blue Cream Spirulina Sorbet
 - 84 cal
- Fresh Strawberry
 - 3 cal
- Fresh Mango
 - 6 cal
- Fresh Blueberry
 - 5 cal
- Oat Granola
 - 126 cal
- Honey Drizzle
 - 20 cal

Total Calories: 369 cal

Sugar Breakdown:

- Strawberry Sorbet
 - 10.5g
- Mango Pineapple Sorbet
 - 8.5g
- Blue Cream Spirulina Sorbet
 - 15.5g

- Fresh Strawberry
 - .4g
- Fresh Mango
 - 1.4g
- Fresh Blueberry
 - .9g
- Oat Granola
 - 4.1g
- Honey Drizzle
 - 5.7g

Total Sugar: 47g