

The Cat's Meow 12oz Bowl

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

Ingredients:

- ⅓ cup Mango Pineapple Sorbet
- ⅓ cup Acai Sorbet
- ⅓ cup Dragon Fruit Sorbet
- 1 tbsp Fresh Strawberry
- 1 tbsp Fresh Raspberry
- ½ of a Fresh Banana
- ¼ cup Oat Granola
- 1 tsp Honey Drizzle

Calorie Breakdown:

- Mango Pineapple Sorbet
 - 60 cal
- Acai Sorbet
 - 85 cal
- Dragon Fruit Sorbet
 - 65 cal
- Fresh Strawberry
 - 3 cal
- Fresh Raspberry
 - 6 cal
- Fresh Banana
 - 52 cal
- Oat Granola
 - 126 cal
- Honey Drizzle
 - 20 cal

Total Calories: 417 cal

Sugar Breakdown:

- Mango Pineapple Sorbet
 - 8.5g
- Acai Sorbet
 - 10.5g
- Dragon Fruit Sorbet
 - 10.5g

- Fresh Strawberry
 - .4g
- Fresh Raspberry
 - .5g
- Fresh Banana
 - 7g
- Oat Granola
 - 4.1g
- Honey Drizzle
 - 5.7g

Total Sugar: 47.2g