

**THIS
PKN™**

**Amazing
Mixed-Berry
Smoothie**



Ingredients

- 1 cup of **THIS PKN Original**
- 2 frozen bananas
- 1 cups orange or apple juice
- 1 pint of strawberries, fresh or frozen
- 2 tablespoons of honey
- ½ pint of frozen blackberries, or other sweet berries.
- *optional about 6oz of date paste



Preparation

- Mix everything in your blender.
- If you don't have frozen and have to use fresh, you will have to add about 2 cups of ice cubes to get the cold flavor, which is why we like to use frozen fruit.
- Once everything is mixed, if you have some pecans, grind them up, and put them on top as a garnish.
- Drink and enjoy.