

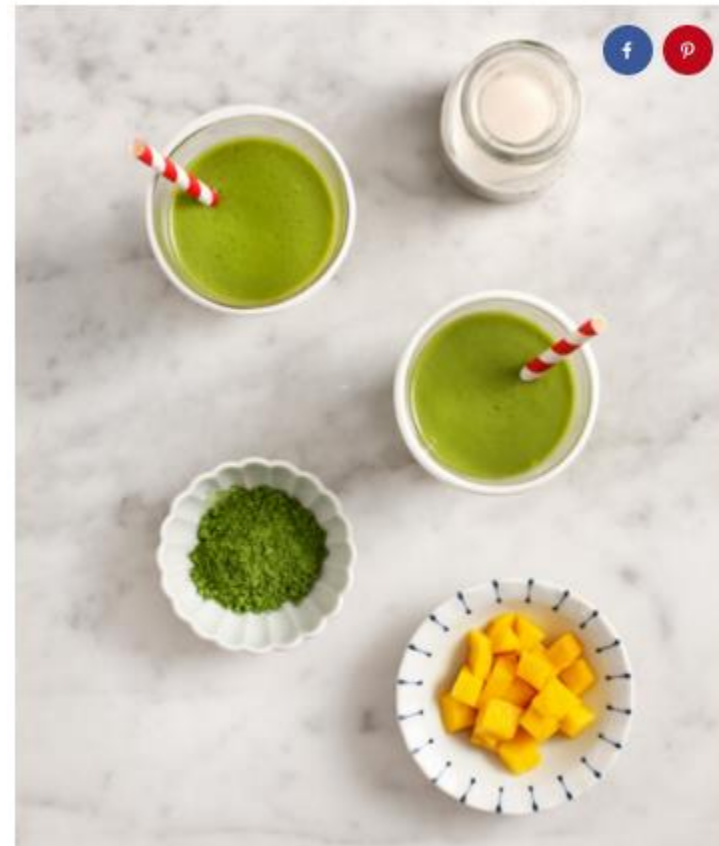


10 Healthy Smoothie Recipes That Require Approximately Zero Effort

Remember the days when the word *smoothie* meant heading to the nearest frozen yogurt store and sucking down a sugary concoction of artificial ingredients?

While those haven't disappeared, when it comes to health, there's nothing quite like making a smoothie yourself, whether in a blender or a juicer.

Here, 10 healthy smoothie recipes that require minimal effort and include all-natural ingredients.



Matcha Mango Smoothie

Made with: Aiya Matcha Zen Cafe Blend, Matcha, almond milk, mango, ice, banana

Recipe: [Love & Lemons](#)