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Mr. Dan Titus

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SMOOTHIES! The Original Smoothie Book



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Mr. Dan Titus : Smoothies! The Original Smoothie Book, Vol. 1 before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies! The Original Smoothie Book, Vol. 1:

5 of 5 people found the following review helpful. It's the best. Fruit smoothies for the health of it.By Bob FeeserThis book is one of the best, if not the best book on smoothies. Getting more fruit into our diets is something we all aspire to, but few achieve. Between having to shop for it, getting it home, and it spoils one day later, makes the recommended daily levels fruit consumption a lot more difficult to achieve. Then along came smoothies, and now we

freeze our fruit. Chop it up into little squares as soon as you get it home, and place it in zip loc bags. Then the smoothie is always ready; no more spoilage. My favorite is to take bananas, honeydew melon, cantaloupe, strawberries, and blueberries to make an all fruit shake. In this book you see a lot of varieties of the smoothies. It's worth it just for the recipes. Highly recommended. 0 of 0 people found the following review helpful. smoothie book vol 1 By Fred Stephenlike smoothies. then this a must have book to have. has lots and lots of smoothie recipes. try some or all of the recipes. so far there is not one recipe that is not liked. some recipes are better than others but overall this is a great book for smoothies 0 of 0 people found the following review helpful. Better than expected By Amron This is an excellent book for anyone interested in making your own smoothies. I purchased this book for my daughter in college and she's been making smoothies sometimes twice a day. The recipes are easy to read, the directions are simple to follow, and it's an excellent source of knowledge to help bring healthy snacks to everyone at any age.

Everybody loves smoothies—and this is the ultimate smoothie book, written by Dan Titus, popularly known as The Smoothie Man, and director of The Juice and Smoothie Association (JASA). This is the standard desk reference for smoothie lover's worldwide. Smoothies are a sensation in healthy dining. They are basically a healthy meal in a cup that can also double as a quick snack. Coupled together with vitamin supplements, "power smoothies" can even offer diet and dramatic weight control. Smoothies are the lifestyle beverage for the future—and this book defines the smoothie niche by the companies who "are" the juice and smoothie industry. Over 70 nutrient-rich recipes from the some of the world's most popular juice bar chains included. Vitamin and mineral-packed recipes are offered and methods for making your smoothies incredibly nutritious and delicious. Power up your blender, get inspired! If you are simply looking for an energy boost, seeking a gentle cleanse, or just trying to get more healthy, this book is for you. This book is just too cool! Be sure to check out the back cover of this book...

From the Author Why a book about smoothies? Juicing books currently on the market do not provide "professional" smoothie recipes nor, do they provide a historical view of the "smoothie". They word smoothie can mean anything. The book contains a smoothie ranking system (see Chapter 2) that defines and ranks the different kinds of smoothies. The juice/smoothie industry is growing at a steady rate. Smoothies aren't a fad; they are solid trend. The juice and smoothie industry addresses consumers need for alternatives to fast food and is driven by customer demand for healthier meal alternatives. What is the staying power of smoothies and fresh squeezed juice? Most cultures of the world recognize the virtues of juice. Therefore, the juice/smoothie concept has international appeal. The products sold have customer appeal and satisfy the need for a healthier alternative to conventional fast food. The products appeal to a large demographic span: From children to grandparents. The smoothie can be positioned as a: Meal replacement, meal enhancement or a dessert. In simple terms, the juice/smoothie business is fun! Drink these Books! Also, see Smoothies! The Original Smoothie Book: Volume 2, ISBN 1582910200 and Smoothies! The Original Smoothie Book: Special Bundled Set, ISBN 1582910219, which is a special priced set containing two (2) of the Smoothies! books. Both of these titles are sold here on .com Healthy regards, Dan "The Smoothie Man" Titus About the Author Dan Titus is the founder of the Juice and Smoothie Association, an organization that monitors and promotes the \$1.5 billion juice and smoothie industry. Popularly known as the "Smoothie Man," he is a nutritional advocate and author of several books about the juice and smoothie industry, including The Original Series, which is a trilogy of books designed to educate consumers about the industry and the benefits of juicing and smoothies, in general. A recognized authority, Titus has been quoted in the mainstream press and such industry trade publications as: The Los Angeles Times, New York Times, Chicago Tribune, Wall Street Journal, Inc. Magazine, and Better Nutrition Magazine.