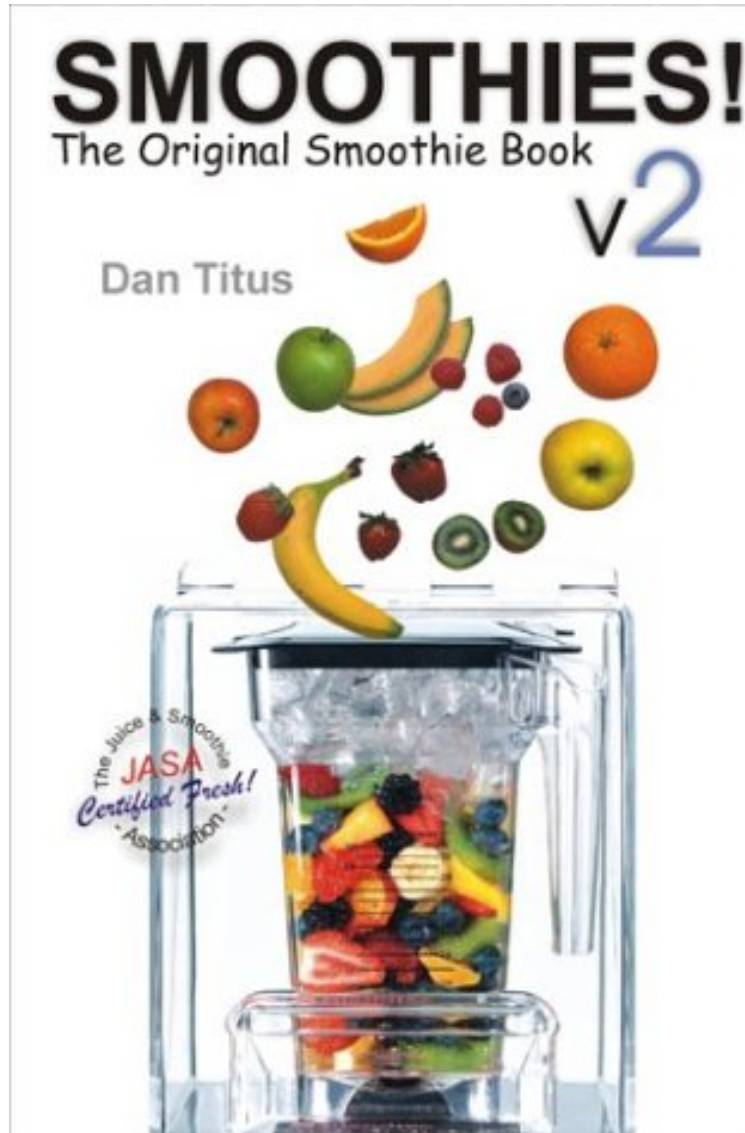


Smoothies! The Original Smoothie Book: Volume 2

Dan Titus

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Dan Titus : Smoothies! The Original Smoothie Book: Volume 2 before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies! The Original Smoothie Book: Volume 2:

6 of 7 people found the following review helpful. Good Read, Great RecipesBy Joey BetalisI bought Smoothies! The Original Smoothies Book: Recipes form the Pros, a couple of years ago. I use it all the time. When I heard that there was another book in the series out, I got it fast because I love smoothies!I found the information about the juice business to be very interesting and I love the tasty new recipes. Kudos to the low-carb, soy-based smoothie recipes.

Very different and fun! Now buy the book! - addicted smoothie lover...

Smoothies! The Original Smoothie Book: Volume 2 is the second book in The Original Series trilogy, which also includes: Smoothies! The Original Smoothie Book: Recipes From the Pros, and Juice! The Original Juicing Book. This book begins with an overview of the whimsical juice and smoothie industry, defining the different kinds of smoothies, and projecting the future of the juice and smoothie bar market. International in scope, the book includes 80 professionally-developed smoothie recipes from companies like: Rubyjuice, Juice Zone of Canada, Viva Juice of Australia, City Blends, and Blendtec. Delectable low-carb, low-sugar, dairy-free soymilk shakes are also included. There is a section detailing products from The Original Series and a section where readers can record their own smoothie recipes and/or make notes for future referencemdash;all with the goal of getting readers educated about smoothies and health using an interactive approach. Features include Web Connect, (a tandem Web site that accompanies the book), where readers can download health-oriented software. This Web site also contains cooking and conversion, and body mass index (BMI) calculators. There is an optional CD-ROM available for readers who want to have the contents of the Web site at their immediate disposal.

New information about the juice and smoothie biz. New smoothie recipes galore. Tandem Web site. Fun! -- Pepper Rodgers, The Inland , March 1, 2004
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 "Smoothiemán," 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. 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.