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[RECIPE DETAILS PAGE](#) | [INTERVIEW INFO PAGE](#)

Bart Smith Releases Free, Step-By-Step “World Famous” Omelette Recipe From Who’s Hungry?

Customizable, crowd-pleasing breakfast features peppers, spinach, black beans, Italian sausage & more — complete with equipment list and print-ready directions. Media demos available.



Las Vegas, NV – September 2, 2025 — Author and creator Bart Smith today announced the free, full release of his signature breakfast omelette from his cookbook, *Who’s Hungry?*, inviting home cooks, food editors, and segment producers to experience a fluffy, flavor-packed recipe tailor-made for fast, satisfying mornings. The recipe is available now—at no cost—on [BartSmith.com](#), with clear equipment needs, ingredient options, and guided instructions designed for on-air, on-stage, or at-home success.

“Breakfast is where great days begin,” said Smith. **“This omelette is quick to master, endlessly customizable, and a guaranteed crowd-pleaser.”**

What Makes Bart’s Omelette Media- and Home-Ready

- **Fully guided, step-by-step method:** From whisking eggs and seasoning to low-and-slow stovetop technique, flipping, folding, and finishing with melted cheese under a lid—each stage is photographed and explained for consistency and ease.
- **Clear equipment list:** Simple tools (mixing bowl, spatula, a couple of pans) make setup fast for home kitchens or studio shoots.
- **Flexible ingredients for every palate:** Build your perfect plate with bell peppers, spinach, mushrooms, tomatoes, broccoli, shredded cheese, black beans, Spanish rice, Italian sausage, and a jalapeño-pepper hot-sauce “kick.”

- **Print-ready convenience:** A one-click, print-friendly version supports classroom demos, newsroom rundowns, and community events.

Why Audiences Will Care

- **Quick, hearty fuel:** Protein-forward eggs plus optional beans/rice and veggies keep viewers/readers energized without complicated prep.
- **Budget-smart & scalable:** Make a 2-egg omelette for one or scale up for a hungry crowd—no specialty gear required.
- **Segment-friendly visuals:** The recipe's tidy stovetop layout (beans/rice, sautéed veggies, omelette) and hallmark flip-and-fold moment make for high-engagement live television or social clips.

Availability & Call-To-Action

Read (and print) the complete recipe for free at BartSmith.com and bring it to your audience this week. Producers and event organizers can book Bart Smith for live, in-studio cooking demos, morning-show segments, community workshops, or virtual appearances.

Interview & Live Demo Availability

Bart Smith is available for interviews (phone, online, and in-person studio or on-site demos). Producers and journalists can book him to walk audiences through this signature recipe of his equipment, ingredients, and time-saving tips—live on air or on stage.

How To Access

Read the full, free recipe now at BartsCookbook.com and print the Google document version for your kitchen.

About Who's Hungry?

Bart Smith's full-color cookbook features 80 pages and 20+ favorite meals and beverages he makes at home—from breakfast to party-ready eats—with step-by-step visuals. Portions of the book can be read online at BartSmith.com.

Call To Action

Explore Bart's "World Famous" Omelette Recipe—and kick off your day with nutrient-dense, weight-friendly blends—free at BartSmith.com. To book an interview or live kitchen demo, reach out below and bring fresh, on-air demonstrations to your audience. They'll just love 'em!

Boilerplate

BartSmith.com is the home base for Bart Smith's books, recipes, interviews, media resources, and training. Explore *Who's Hungry?*, grab free kitchen-friendly printouts, and discover more hands-on how-to content.

About The Author

Bart Smith is the author of 30+ books, a YouTuber, speaker and home chef known for practical, step-by-step teaching across business, self-help and cooking. He regularly shares recipes, book tours and tutorial content through his website and channels. His book catalog spans business, personal growth, media/PR, confidence, motivation, dating/relationship and other lifestyle titles. He is a marketing strategist who has coached creators, experts, and entrepreneurs on writing books, building brands, and media-ready platforms for two decades.

He writes and teaches with a "show me, then let me do it" philosophy, pairing concise manuals with action-oriented training and tutorials. He specializes in teaching practical skills that help individuals create opportunities, earn income, and build confidence. Where his relationship books and work are concerned, his messages emphasize clarity, character, communication, and common-sense strategies for thriving relationships.

Through books, videos, workshops, and online training at BartSmith.com and his YouTube channel @BartSmithWorld, he translates complex life topics into actionable plans for immediate use. Committed to empowering individuals to take control of their lives and careers with a practical approach to confidence and clarity, he has also baked and shipped over [250,000 of his "world's best" chocolate chip cookies](#) nationwide while documenting 35 years of cookie research in his free chocolate chip cookie book available online.

Learn more at his websites and social media channels:

Website (1) → [BartSmith.com](#)

Website (2) → [BartsCookies.com](#)

YouTube → [@BartSmithWorld](#)

Instagram (1) → [@BartSmithWorld](#)

Instagram (2) → [@BartsCookies](#)

TikTok → [@BartSmithWorld](#)

Interviews & Appearances

Bart is available for interviews in flexible and convenient formats:

- Telephone
- In-person / In-studio
- YouTube Live
- Panel (Multiple Interviewers)
- Q&A Article Format
- Zoom
- Instagram Live
- TikTok Live
- Group (Multiple Interviewees)

Whether your medium is broadcast, digital, print, blog, podcast, or social media, Bart can adapt to your platform's style and offer giveaway prizes (i.e., a dozen cookies to 1-3 random winners, one of his books, a call with Bart, etc.) to your audience when allowed or appropriate.

Request An Interview

To request an interview with Mr. Smith, please [contact his office](#). Thank you for considering Bart Smith for your media coverage. He'd love to be a part of your story.

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