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CONTACT: [BART SMITH'S OFFICE](#)

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Bart Smith Drops Free “Protein Hair Shake” Recipe From His *Who’s Hungry?* Cookbook — A 5-Minute Breakfast That Also Supports Hair Care

Las Vegas, NV – September 2, 2025 — Author and creator Bart Smith today announced the free release of his quick, nutrient-packed Protein “Hair” Shake recipe from his full-color cookbook, *Who’s Hungry?*, now available in full on his website at [BartSmith.com](#). The blender-ready breakfast can be made in about five minutes and is designed to deliver convenient morning nutrition—with an optional twist Smith personally uses to support healthy-looking hair.

“Most mornings (or even after a workout) I want something fast, tasty and satisfying, yet protein and vitamin rich” said Bart Smith. “This shake is my go-to. It’s flexible, tastes great, and when I make my ‘hair shake’ version, I notice my hair looks and feels fuller within a day.”

What’s Inside The Free Recipe

Pulled directly from *Who’s Hungry?*, Smith’s recipe page walks readers through equipment, base ingredients, and optional add-ins. Highlights include:

- **Five-minute, blender-easy prep** for busy mornings.
- **Base ingredients** like water, banana, frozen berries, almonds, and a scoop of protein.
- **“Hair shake” option using NaturesPlus® Ultra Hair Thick-Shake powder**—Smith’s long-time personal pick—plus optional greens, beet root, collagen and flaxseed.
- **Completely free**, full recipe published on [BartSmith.com](#), with a printable version for quick reference.



Why It Matters

- **Fast + flexible:** Ideal for a protein-rich breakfast or post-workout recovery without kitchen fuss.
- **Better habits, easier starts:** The step-by-step page and ingredient alternatives make it simple to build a consistent morning routine.
- **Part of a larger collection:** The shake appears alongside other breakfast options inside *Who's Hungry?*, Smith's approachable cookbook of real-world meals and party favorites.

The full recipe is available at no charge on BartSmith.com, complete with a one-click "Print This Recipe" option for home kitchens and classrooms. Smith is available for interviews and—when scheduling and format allow—in-person appearances to demonstrate the recipe live for audiences, newsrooms, or community events.

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 the Protein "Hair" Shake—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 the Protein "Hair" Shake and other breakfast options today at BartSmith.com—then invite Bart to show your audience how to blend it in minutes, live.

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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