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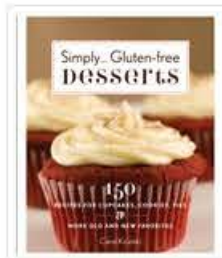
Food Rock Star Carol Kicinski

by [Diane Eblin](#) on MARCH 23, 2011

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I've followed Carol's blog for some time now. I can't even remember now how I found it but I'm so glad I did. She has lots of great recipes, amazing photos, info if you're new to living gf and tons more. Make sure you check out her blog. But since today is Wednesday March 24th make sure you tune into QVC at 4pm EST and catch Carol sharing her new cookbook. [Simply... Gluten-free Desserts: 150 Delicious Recipes for Cupcakes, Cookies, Pies, and More Old and](#)



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I can't wait to see what she's wearing. Oh and to get a peak into that cookbook. Can't wait to get my hands on it and get baking.

Name : Carol Kicinski

Business and or blog name: Simply...Gluten-free

URL: <http://simplygluten-free.com/>

Location: Florida

Favorite quote: Oh, so many to pick from but I love this by Thomas Edison – "I have not failed. I've just found 10,000 ways that won't work." I love that it illustrates the important of

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ailed. I've just found 10,000 ways that won't work. I love that it illustrates the importance of persistence along a given path and that failure is often part of success. I learn so much from my failures, more than from my successes. I think the trick is to actually learn from mistakes and failures and not give into them, to persist and keep on going.

Focus of blog or business: Gluten-free recipes and tips for living a gluten-free life.

Social Media I play in: Twitter and Facebook.

I started my blog in the month and year: November, 2007

Training/education I received: Ha! My education has been mostly self taught. Formerly I only finished high school. My sister likes to say I went to collage the first day, couldn't find a parking spot so I went home. Not sure if that is exactly correct but not far from the truth. I have been hired for jobs I was extremely under qualified for so I had to teach myself. For example, I applied for a job as a bookkeeper but didn't know any more about bookkeeping than how to balance my checkbook. Astonishingly I was hired. From there I kept getting better jobs, all in the area of finance, eventually ending up as the Controller for a multi-million dollar corporation. Each step of the way I taught myself what I needed to know to do the job. It never once occurred to me that I needed to have something (like a formal education) in order to learn and do something, I just plunged in and figured it out.

My favorite healthy food: This changes by my mood, right now I am loving quinoa and kale.

My favorite snack food: Hummus and raw cauliflower with spicy chili garlic paste mixed in with the hummus – love spicy!

My top 3 healthiest foods I love to eat or recommend: kale, quinoa and flax seed, either oil or meal

Childhood ambition: When I was little my parents took me to see "Annie Get Your Gun" and I wanted to be a cowgirl, then they took me to see "Gone With The Wind" and I wanted to own a plantation and run a lumber mill, then they took me to see "Mary Poppins" and I wanted to be a nanny – that is when I realized I wanted to be an actress so I could be it all. I did pursue that for a time, I was part of an acting repertoire company for several years, did a few commercials, TV shows and movies but somewhere along the line I decided I didn't have the drive for the business end of it, I loved the work but didn't like the process of getting the work. When I was in high school I had a home ec project to do and I decided to make a cookbook. I loved working on it. I realized later, when I was working on my first book, that this is what I was really meant to do. I love developing recipes and the process of everything entailed in writing a cookbook.

My favorite cookbook: Oh this is hard! I have literally hundreds of cookbooks. The first cookbook I ever got was on my 8th birthday, it was a children's cookbook and I loved making things for my family. I guess I would have to say it is my favorite because it instilled in me a passion that continues to this day.


Wildest dream: I am fortunate to have lived out a few of those wild dreams – right now I really want to dive the Great Barrier Reef in Australia.

Favorite activity: Hosting dinner parties.


Favorite thing to cook: Simple, elegant meals.

Favorite kitchen tool: Kitchen Aid Mixer, Cusinart, microplane graters and sharp knives.


Biggest risk I've taken: Getting out of my vehicle in a game park in Africa and trekking




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Biggest risk I've taken: Getting out of my vehicle in a game park in Africa and trekking around on foot so I could get better photos - seriously risky, seriously stupid but seriously exciting! Oh the things that happened! Just for the record, I do NOT recommend this to any one!

Favorite exercise: Probably weight lifting, love the instant visual results.

Proudest moment: Giving birth, twice.

What I do to treat myself: Spa Day!

What I do to feel at peace: I just grab some alone time. Sometimes I just need quiet.

Biggest challenge: Raising children. The biggest challenge and the most rewarding.

Favorite vacation spot: Africa.

Craziest thing I've ever done: See answer to biggest risk 😊

Health concerns I've cleared up: Migraine headaches, Stage 4 Adrenal Exhaustion, digestive issues. All handled by finding the root cause, gluten, and removing it from my life.

Books I've written: Simply... Gluten free Desserts.

I started my blog to: To share the fact that gluten intolerance does not mean a life sentence of horrible food. I learned to celebrate the abundance of a gluten free diet and wanted to share the celebration with others.

What I hope the people that visit my blog find: Inspiration.

Top 3 results people get from visiting my blog: Hopefully they find a world of food open to them, recipes they can use and tweak to suit their own needs and a realization that eating and cooking gluten free does not have to be complicated or limiting.

Products and/or services I offer: Recipes, ideas, links to over 150 gluten-free food bloggers (The Gluten Free Global Community), my pastry quality gluten-free flour, links to gluten-free cookbooks, tips on how to live a full, happy gluten-free life.

What I love about what I do: The community I have found through my site. I have forged real and lasting friendships, I am inspired daily by the people I come in contact with and have found support in so many ways. Starting my blog has led to so many avenues I never dreamed possible, it truly changed the trajectory of my life.

My greatest success so far: Raising two amazing boys to be incredible, unique individuals and being married to the love of my life since I was 18 with each year getting better and better.

In the future I see myself: I have no idea. I really just want to be the best me I can be. Where that will lead I don't know right now but I can tell you this – I am excited to find out!

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