

# BLOGGER SPOTLIGHT

**THE BLOG:** [simplygluten-free.com](http://simplygluten-free.com)

**THE BLOGGER:** Carol Kicinski

**HER STORY:** Carol started blogging about gluten-free living in 2007, and has now become known as “America’s Gluten-Free Voice.” When she and a few family members were diagnosed with gluten intolerance, her kitchen (and life) instantly became more complicated. Making gluten-free eating a family affair, Carol devotes her boundless energy to creating gluten-free masterpieces with natural, wholesome ingredients.



Part of Carol’s inspiration for a full life of gluten-free eating has been her world travels. She has visited many countries, including China, France, Italy, Mali, Swaziland, as well as other countries throughout Europe, South America, and Africa. The travel has exposed her to the ways people around the world create delicious dishes from local, naturally gluten-free ingredients. She scours the globe for items that can be combined to produce unexpected, delightful flavors without a lot of effort. Though these trips do provide flair to her cuisine, they are truly inspired by Carol’s humanitarian heart. She has volunteered for the Red Cross, working with them in Mali, Lesotho, and Swaziland.

OCTOBER 14, 2013

## baked gluten free pumpkin doughnuts recipe

It's October and that means pumpkin season! Pumpkins for carving, pumpkins for pie, pumpkins for breads, cakes and yes, doughnuts!

I can't think of a better way to start a crisp fall day than with healthy, gluten, dairy, and refined sugar free pumpkin doughnuts. Unless they also happen to be super easy to prepare, packed with protein and grain free as well... Continue reading and get the recipe ->

### GLUTEN FREE RECIPES THAT TASTE LIKE CONVENTIONAL FOODS

#### Homemade Ricotta Cheese Recipe

OCTOBER 5, 2013



Years ago I visited an Italian American family at their sprawling complex in Central California. Nestled at the base of the foothills just a few miles from the beach, it was a captivating enclave

[Read more / get recipe -->](#)

#### Gluten Free Italian Cream Cupcakes Recipe

SEPTEMBER 26, 2013



Is there really anything wrong with being nice? In a conversation with a male, single friend of mine; one of the nicest, most considerate people I know, he revealed to me that he hated

[Read more / get recipe -->](#)

#### Gluten Free Coconut Pancakes Recipe

SEPTEMBER 26, 2013



Breakfast is the most important meal of day. It can also be one of the most gluten filled meals of the day. I can't tell you how many times I receive emails saying "I am new to gluten free, what

[Read more / get recipe -->](#)

#### Gluten Free No Bake Sunbutter S' Mores Bars Recipe

SEPTEMBER 24, 2013



Ever seen that show on the Discovery Channel called Naked and Afraid? Every week a couple of strangers (one man and one woman) are plopped down in a hostile environment for 21 days and must learn

[Read more / get recipe -->](#)

# HODGSON MILL

WHOLESALE SWEETENERS



Choose Cherry



FREE Download  
**DINE GLUTEN FREE**

GlutenFreeTravelSite.com  
Thousands of GF Dining & Travel Reviews

Advertise Here

Advertise Here

EDEN  
SUBSCRIBE

**ACCLAIM:** In 2009, Carol became America's first gluten-free chef, with a show syndicated across the country. She is the author of several gluten-free cookbooks, editor-in-chief of Simply Gluten-Free magazine, and is a gluten-free cooking class instructor.

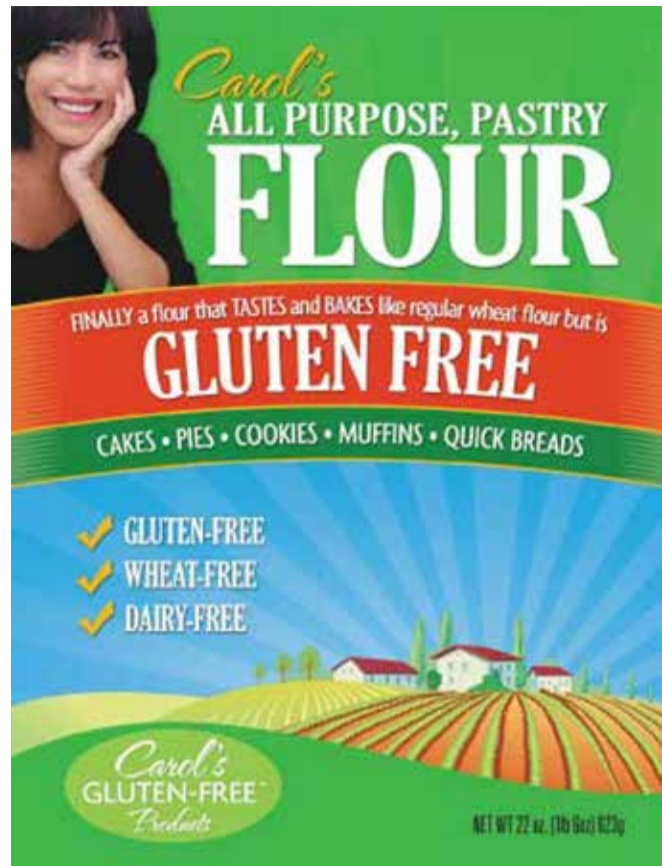
### WHAT WE PARTICULARLY LOVE:

**1 The Menu.** Carol organizes the menu on her home page with vibrant, enticing photographs so you can almost taste the flavors. Not only are all the items gluten-free, but she sub-categorizes dishes into sugar-free, dairy-free, and meatless options as well.

**2 Best Gluten-Free All Purpose Flour.** Carol was tired of the complicated process of trying to mix the right gluten-free flour for every recipe, and of the lackluster response when the flour mixture wasn't right. So she created the best gluten-free all purpose flour around to rave reviews and with no limit to its uses.

**3 Helpful Recommendations.** Simply Gluten-Free recommends so many products that Carol has a separate section where she lists them and explains why she chose them. The list is so varied that you're sure to find your new favorite thing.

**FAVORITE RECIPE:** With over 800 recipes to choose from, Carol certainly provides a wealth of options that everyone will love. Some unique items that you won't find anywhere else include her quick-and-easy Ricotta Lemon Pancakes, which only require four ingredients. The pancakes make an excellent dessert as well as breakfast. For a fancy salad that's effortlessly impressive at a dinner party or in front of the television, her Pistachio Berry Goat Cheese Salad couldn't be simpler or more delicious.



**TRY HER PUMPKIN SOUP:** If you're looking for a delicious and fun pumpkin soup to serve this Halloween, then try Carol's [Gluten-Free Easy Pumpkin Soup](#) (recipe is on the next page).

ARTICLE BY: CORTNI MERRITT



A top-down view of various fresh ingredients on a dark wooden surface. On the left, there are several bright red tomatoes on a vine and a bunch of vibrant green basil leaves. In the center, a small pile of mixed spices includes red peppercorns, black peppercorns, and light-colored seeds. To the right, two wooden spoons are filled with dried green herbs and brown seeds. In the bottom left, there are two pieces of yellow farfalle pasta and a single bay leaf. The entire scene is set against a white, scalloped-edged paper background.

RECIPE

GLUTEN-FREE  
EASY  
PUMPKIN  
SOUP



# Gluten-free Easy Pumpkin Soup

THERE IS NOTHING LIKE A STEAMY BOWL OF SOUP to warm up a crisp fall evening. This pumpkin soup has three ingredients and is ready in five minutes.

SERVINGS: 4

## INGREDIENTS:

- 15-ounce can pure pumpkin puree
- ½ cup SunButter
- 3 cups gluten-free chicken or vegetable stock
- Kosher salt and freshly ground pepper to taste
- Sour cream (for the garnish - optional)

## QUICK TIP:

SunButter (made from sunflower seeds) is a great alternative to peanut butter.





# Gluten-free Easy Pumpkin Soup

## DIRECTIONS:

1. Combine the pumpkin, SunButter, and stock in a medium saucepan and cook over medium heat, stirring occasionally, until the ingredients are combined and the soup is hot.
2. Season to taste with salt and pepper.
3. To add the garnish, put some sour cream (dairy-free is fine) in a small plastic squeeze bottle and give it a shake to loosen it up a bit. Draw concentric circles on top of the soup. Use a toothpick to draw lines through the circles; alternate the lines from the center out and then from the outside in. If you prefer a less Halloween-specific garnish, a dollop of sour cream and maybe a sprinkling of chives are quite lovely.

### RECIPE BY CAROL KICINSKI

*Carol Kicinski is the gluten-free voice of America. She cooks, writes, travels, and photographs, all gluten-free, and her goal is to share, teach and inspire. You can follow her on her blog, [Simply... Gluten-free](#), [Facebook](#), [Twitter](#), and [Pinterest](#).*

