

PRESS RELEASE

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Contact: Malory Speir,
Editorial Coordinator
Company: Simply Gluten Free, Inc.
Phone: 727-738-5735
malory@simplygluten-free.com

Carol Kicinski to appear on *Daytime's* Halloween special, making Gluten-Free Pumpkin Cheese Cakes in a Jar

Tampa, Fla. – Carol Kicinski, America's gluten-free voice, continues with her fourth season as a monthly guest chef on NBC-based WFLA-Tampa Bay's *Daytime* TV show. The show airs on Thursday, October 31, at 10 a.m or 11 a.m, depending on your local station.

This episode of *Daytime* is a Halloween special, meaning you'll see show hosts and guests dressed in fun costumes, including Carol as she makes her delicious recipe for Gluten-Free Pumpkin Cheese Cakes in a Jar.

Daytime is syndicated to more than 130 U.S. markets, reaching 191 television stations in more than 140 cities and DISH TV. They reach an audience of more than 80 million households monthly.

Carol Kicinski began her gluten-free journey more than 20 years ago when she was diagnosed with gluten sensitivity. She founded Simply Gluten Free in 2007 as a gluten-free lifestyle and recipe blog. It quickly became one of the most popular allergen-free lifestyle blogs in the country. Carol's popularity in the gluten-free world caught the attention of local media producers, and they offered her a segment on *Daytime*.

Kicinski began her appearances on *Daytime* in 2009 as America's first gluten-free-only TV chef. The network received great response from viewers, so they decided to keep her on as a regular monthly guest.

She shares a new recipe on each show and talks with show hosts Cyndi Edwards and Jerry Penacoli about her experiences being gluten-free. The show airs the last Thursday of every month.



About Carol Kicinski:

Carol is a magazine editor-in-chief, monthly syndicated TV chef, cookbook author and popular website blogger. Diagnosed with gluten sensitivity more than 20 years ago, Kicinski has since become a well-known gluten-free personality. She is the founder and editor-in-chief of *Simply Gluten Free* magazine, one of the top gluten-free magazines in America. Carol is in her fourth season as a monthly syndicated gluten-free chef on NBC-based WFLA-Tampa Bay's *Daytime* TV show. She is the author of two successful cookbooks and has been published in more than 650 newspapers and magazines across the country. Simply Gluten Free can be viewed at www.SimplyGluten-Free.com

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