

PRESS RELEASE

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Carol Kicinski to appear on *Daytime* TV show making Gluten-Free Apple Pie

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, December 19, at 10 a.m or 11 a.m, depending on your local station.

On this episode of *Daytime*, Carol will be making a warm, comforting dessert that is perfect for the holiday season – gluten free apple pie!

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 third 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 three 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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