

PRESS RELEASE

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Carol Kicinski to appear on *Daytime* making gluten-free spaghetti a la carbonara

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 August 22 at 10 a.m or 11 a.m, depending on your local station.

Carol will make her amazing recipe for Spaghetti alla Carbonara. This recipe is featured on the front cover of the current issue of Simply Gluten Free Magazine.

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 was diagnosed with gluten intolerance more than 20 years ago. In addition to her popular blog, she is also in her fourth season as a monthly syndicated gluten free chef on NBC-based WFLA-Tampa Bay’s *Daytime* TV show. In November 2012 she launched *Simply Gluten Free* magazine, which has now become the most popular gluten and allergen free magazine in America.

Simply Gluten Free Magazine can be viewed at www.SimplyGlutenFreeMag.com
Simply Gluten Free blog can be viewed at www.SimplyGluten-Free.com

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