

PRESS RELEASE

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Carol Kicinski to share a gluten-free recipe from *Simply Gluten Free Fall Baking* special collector's issue with *Daytime TV* viewers this week

Tampa, Fla. – Carol Kicinski will share a new recipe for Gluten Free Apple Snickerdoodle Bars from the *Simply Gluten Free Fall Baking* special collector's issue with viewers on the next episode of *Daytime TV*.

Founder and editor-in-chief of *Simply Gluten Free*, Carol Kicinski is a regular monthly guest on the NBC-based WFLA-Tampa Bay show, the longest-running gluten-free cooking show on TV. This month's episode airs this Thursday, August 20, at 10 a.m. or 11 a.m., depending on your local station.

The new collector's issue of *Simply Gluten Free* launched on August 4 and is in select grocery stores, bookstores, and on Amazon.com. Kicinski will share one of her personal favorites from that issue and will discuss the issue's launch with show hosts.

Kicinski is currently in her fifth season on the show and brings a new recipe and useful tips to each monthly episode. Show hosts Jerry Penacoli and Cyndi Edwards are always delighted to try Carol's recipes and are consistently surprised that they taste just the same, if not better, than traditional gluten-filled foods.

The show typically airs the third Thursday of each month and is syndicated to more than 130 U.S. markets, reaching 191 television stations in more than 140 cities and DISH TV. Look for Carol's new recipe this week and check back every month for even more delicious, gluten-free recipes.

Gluten-Free Apple Snickerdoodle Bars

½ cup unsalted butter, melted
½ cup plus 3 tablespoons sugar – use divided
½ cup light brown sugar
1 large egg, lightly beaten
1 teaspoon pure vanilla extract
1¼ cups gluten-free all-purpose flour
½ teaspoon kosher salt
1 medium apple, cored and diced (about 1½ cups diced)
1½ teaspoons ground cinnamon



Preheat the oven to 350°F. Line an 8- by 8-inch baking dish with two pieces of parchment paper; crisscrossing them and leaving a couple inches overhang.

In a mixing bowl, combine the melted butter, ½ cup sugar, and brown sugar, stir well. Stir in the egg, vanilla, flour, salt, and diced apple. Pour into the prepared baking dish.

In a small bowl, combine 3 tablespoons sugar with the cinnamon. Sprinkle evenly over the top of the batter.

Bake for 25 minutes or until the edges start to turn golden brown. Let cool completely in the pan. Using the parchment paper, lift out of the pan and cut into 9 pieces.

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 fifth 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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