

PRESS RELEASE

FOR IMMEDIATE RELEASE

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

Carol Kicinski shares an easy summer recipe for Lemon Blackberry Eton Mess on *Daytime* TV

Tampa, Fla. – As the longest running gluten-free-only TV chef, Carol Kicinski, founder and editor-in-chief of *Simply Gluten Free* magazine, continues with her monthly appearances on *Daytime* TV.

This Friday, July 7th, she will share her recipe for Gluten-Free Lemon Blackberry Eton Mess, a traditional English dessert that's naturally [gluten-free!](#)

The segment, which airs on NBC-based WFLA-Tampa Bay, is the longest-running gluten-free cooking show on TV. This month's episode airs at 10 a.m. or 11 a.m., depending on your local station.

Kicinski has been developing [gluten-free recipes](#) for more than 20 years. This gluten-free recipe is one of more than 1,000 recipes Kicinski has developed and featured on her website.

Kicinski is currently in her seventh 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.

Daytime 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.



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 seventh season as a monthly syndicated gluten-free chef on NBC-based WFLA-Tampa Bay's *Daytime* TV show. She is the author of four 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

You have permission to publish this press release electronically or in print, in whole or in part. A courtesy copy of your publication would be appreciated. If you would like to interview Carol Kicinski, founder of Simply Gluten Free, contact Malory Speir.