

# PRESS RELEASE

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## Carol Kicinski appearing on *Daytime* TV show making Gluten-Free Almond Apricot Muffins

Tampa, Fla. – This week on the NBC-based *Daytime* TV show, gluten-free TV chef Carol Kicinski will make her delicious recipe for Gluten-Free Almond Apricot Muffins – a wholesome recipe that was recently featured on her blog, [www.simplygluten-free.com](http://www.simplygluten-free.com).

Carol Kicinski is America's gluten-free voice, in her fifth season as a monthly guest chef on NBC-based WFLA-Tampa Bay's *Daytime* TV show. She will be featured on the show this Thursday, June 19, at 10 a.m or 11 a.m, depending on your local station. *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. Kicinski shares a new gluten-free recipe and tips on each monthly episode as she talks with show hosts Cyndi Edwards and Jerry Penacoli about her experiences living the gluten-free lifestyle. The show airs the third Thursday of each month.

Kicinski's gluten-free journey started 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. Kicinski then created the popular lifestyle magazine, *Simply Gluten Free*, which is now the most popular gluten and allergen free magazine on the market today.

Her next appearance on *Daytime* TV is sure to be a treat – packed with humor, tips and step-by-step instruction for this delicious Gluten-Free Almond Apricot Muffins recipe.

### Gluten-Free Almond Apricot Muffins Recipe

Gluten free non-stick cooking spray  
3 cups blanched almond flour plus more for preparing the pan  
½ teaspoon baking soda  
½ teaspoon kosher or fine sea salt  
2 large eggs  
½ cup honey  
2 teaspoons pure vanilla extract  
1 heaping cup unsweetened applesauce  
¾ cup dried apricots, chopped  
2 tablespoons sliced almonds



Recipe and photo by Carol Kicinski

Preheat oven to 350°F. Spray a standard muffin tin with cooking spray and sprinkle a little almond flour into each cup. Shake the pan to coat the cups with almond flour, tap out any excess.

In a large mixing bowl, whisk together the almond flour, baking soda, and salt. In a medium mixing bowl, whisk together the eggs, honey, vanilla, and applesauce. Stir the applesauce mixture into the flour mixture. Fold in the apricots. Divide the batter evenly among the prepared muffin tins. Sprinkle the almond slices on top of the muffins.

Bake for 25-30 minutes or until a toothpick inserted in the center comes out clean and the muffins are browned. Let cool in the pan for 15 minutes.

### 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](http://www.SimplyGluten-Free.com)

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