

# PRESS RELEASE

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## Carol Kicinski to appear on *Daytime* TV show making Gluten-Free 5 Minute Hot Chocolate Cake

Tampa, Fla. – This week's episode of *Daytime* will feature Carol Kicinski making her original recipe for Gluten-Free 5 Minute Hot Chocolate Cake, a delicious and simple treat that's perfect for those days when you need chocolate – fast!

Carol 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. This week's show airs on Thursday, March 20, 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 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.

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. Carol's popularity in the gluten-free world caught the attention of local media producers, and they offered her a segment on *Daytime*.

She shares a new recipe on each monthly episode and talks with show hosts Cyndi Edwards and Jerry Penacoli about her experiences and tips on gluten-free living.



Carol Kicinski, left, with Cyndi Edwards  
of NBC's *Daytime* TV show

The show airs the third Thursday of each month.

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### 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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