

PRESS RELEASE

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Carol Kicinski brings viewers a seasonally-inspired recipe for Baked Pumpkin Donuts on this month's *Daytime* TV episode

Tampa, Fla. – If you love pumpkins and fall-inspired treats, you'll love this month's recipe that Carol Kicinski will share with viewers on the next episode of *Daytime* TV, airing this Thursday, October 22nd. The show, seen 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, founder and editor-in-chief of *Simply Gluten Free* magazine, brings viewers her delicious Baked Pumpkin Donuts recipe just in time for Halloween. This gluten-free recipe is one of hundreds Kicinski has developed and featured on her website, www.simplygluten-free.com.

Kicinski is currently in her sixth season on the show and brings a new recipe and useful tips to each monthly episode. Show hosts Jerry Penacoli, Cyndi Edwards, and Jenn Holloway 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.



Carol Kicinski, left, with show host Jenn Holloway on Daytime TV

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 sixth 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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