

PRESS RELEASE

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Carol Kicinski brings viewers a simple, quick cake in a mug recipe on this month's *Daytime* TV episode

Tampa, Fla. – Want chocolate cake real fast? Carol Kicinski will share her simple Gluten-Free, Grain-Free Chocolate Almond Cake in a Mug recipe with viewers on the next episode of *Daytime* TV, airing this Thursday, September 17th. Whether you need a 3pm pick-me-up or a nighttime treat, this recipe is sure to satisfy chocolate lovers everywhere (especially those looking for a healthier option).

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.

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, 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.



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

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.

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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