

PRESS RELEASE

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Simply Gluten Free 5 Ingredient Cookbook by Carol Kicinski wins Living Now book award for health/nutrition category



The results of the 8th annual Living Now Awards have just been announced, and *Simply Gluten Free 5 Ingredient Cookbook*, by Carol Kicinski, is a winner in the “Cookbook – Natural, Nutrition, Organic, Vegetarian” category.

The [Living Now Awards](#) honors the year’s best books for better living, recognizing publications that “help readers attain healthier, more fulfilling, and productive lives.”

The *Simply Gluten Free 5 Ingredient Cookbook* has stunning photographs for each and every recipe and has quickly become a favorite in gluten-free households everywhere! It was developed with the purpose of providing simple, delicious meal solutions to people on a gluten-free diet, with just 5 ingredients or less. The cookbook, published by Topix Media Lab and distributed by St. Martin’s Press, boasts more than 200 recipes and tips, features chapters for every course: breakfast, soups & salads, snacks & starters, sides, entrees, drinks, and sweet treats, and includes tasty recipes like Peanut Butter & Jelly Ice Cream Sandwiches and Apple Cinnamon Pancakes.



Carol Kicinski, after being diagnosed with gluten sensitivity more than 20 years ago, learned by trial and error to make gluten-free versions of the foods she and her family loved. She has since made it her mission to share those solutions with others in the gluten-free community, providing recipes and information to help people live a happy, healthy, gluten-free lifestyle. She does so by publishing a bimonthly gluten-free magazine, *Simply Gluten Free*, and by publishing recipes on her [website](#). She has authored three other successful cookbooks over the years.

Kicinski is also in her sixth season as a regular monthly guest on the nationally syndicated, NBC-based *Daytime TV*, where she shows viewers how to make some of her delicious gluten-free recipes.

The Living Now Award is a special honor for Carol Kicinski, as the award program’s purpose is aligned with her brand’s purpose – helping people live better, healthier lives.

About the Living Now Awards:

The Living Now Book Awards celebrate the innovation and creativity of newly published books that enhance the quality of our lives, from cooking and fitness to relationships and mature living. The awards are open to all books written in English and intended for the North American market. The awards are presented by Jenkins Group of Traverse City, Michigan. Jenkins Group has been involved in book packaging, marketing and distribution since 1988, and is dedicated to promoting books that improve readers’ lives and bring families together.

About Carol Kicinski:

Carol is a national 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. Her newest cookbook, *Simply Gluten Free 5 Ingredient Cookbook*, is available wherever books are sold. Simply Gluten Free can be viewed at www.SimplyGluten-Free.com

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