

# PRESS RELEASE

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### **Gluten-Free TV Chef, Carol Kicinski, to teach exclusive cooking class at Nature's Food Patch**

*Clearwater, Fla.* – Acclaimed gluten-free TV chef and author of over 1,200 recipes, Carol Kicinski, will demonstrate how to make gluten-free “Perfect Pie Crusts” in an exclusive one-time-only cooking class at Nature’s Food Patch in Clearwater on Thursday, November 6 at 6:30 p.m.



Kicinski will show attendees how to make three pie crusts – a traditional crust, cookie crust, and a nut crust. All crusts are gluten-free and either dairy-free or dairy-free adaptable. The nut crust is also grain-free. Each crust is perfect for delicious gluten-free holiday desserts!

As America’s first gluten-free TV chef in her fifth season on the NBC-based Daytime TV show, Kicinski has years of experience teaching others how to replicate her simple, beautiful recipes that are not just “good for gluten-free” but are just plain good, period!

She is the founder and editor-in-chief of *Simply Gluten Free* magazine, a full lifestyle magazine for gluten and allergen free living. Launched in 2012, *Simply Gluten Free* has become America’s #1 gluten-free magazine on the market today.

Diagnosed with gluten sensitivity more than 20 years ago, Kicinski is a pioneer in the gluten-free community. She started her website, [www.SimplyGluten-Free.com](http://www.SimplyGluten-Free.com), in 2007 to share recipes and tips with those living a gluten-free lifestyle. The site has since become one of the top gluten and allergen free sites in the world and she has over 200,000 Facebook followers.

Kicinski is a longtime resident of Dunedin and loves to contribute locally to the gluten-free community.

Nature’s Food Patch Natural Market & Café was established in 1987. It is a community specialty grocery store that offers quality organic and natural products, while also providing community involvement and health education to local residents.

Find more information about Nature’s Food Patch at [www.naturesfoodpatch.com](http://www.naturesfoodpatch.com).

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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 advocate. She is the founder and editor-in-chief of *Simply Gluten Free* magazine, the leading gluten-free magazine in America today. 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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