

Writer, Carol Kicinski

Carol has lived and cooked gluten-free for over ten years, and shares her many wonderful recipes via her blog, Simply... Gluten-free. In addition to her own diet requirements, Carol creates numerous dairy-free recipes for her sister, who is allergic to milk. It is these expertGFCF recipes that she brings to us on Go Dairy Free.

"I am an event planner, a gluten-free cook, a food writer and photographer and the hostess of the gluten-free blog Simply…Gluten-free. I started cooking out of self preservation. My mother passed away when I was 13 and between my father, sisters and I the best we could do for dinner was spaghetti out of a box and take home Chinese. I taught myself to cook by reading cook books, watching cooking shows on television and annoying the heck out of really great cooks with my incessant questions.

What started as a necessity soon turned into a passion. I loved to cook and I really loved to eat! I used to love gluten but it didn’t like me back so we broke up. I decided to look at the world of food not in terms of what I could no longer eat but in terms of abundance. Now I celebrate the abundant world of gluten free living and enjoy the resulting good health."