



Hello From the Editor



Spring flowers & cookie towers!

It's finally Spring! There are beautiful flowers blooming everywhere, delightfully light and fresh dishes being made in the kitchen and a whole lot of amazing recipes to share with our readers!

There are so many amazing things to tell you about this Spring. *Delight Gluten-Free Magazine* is growing rapidly and we are so excited about all of the new things happening in our offices! Our digital edition is exploding with users. As of March 1st, we have over 32,000 unique digital users who are enjoying content on an iPad, iPhone, iPod or Android device. In addition to all of the great content in our print edition, digital users are watching cooking videos, listening to podcasts and gaining direct link access to our advertisers.

We've also expanded our staff and are so lucky to have hired some incredibly talented individuals. We know you've heard Maureen Stanley's *Hold the Gluten Podcasts*, but now she'll also be sharing her expertise in recipe development, nutrition and navigating a gluten-free life as *Delight's* new Associate Editor! Get ready for some of her bacon-inspired recipes! And, Janice Cuevas of *A Healthful Gluten-Free Life* has joined us as a recipe developer and photographer for our healthy living section. I know both of these ladies are going to bring so many great ideas to all of us!

Finally this Spring, I want to take a moment to reflect on the news that one of my favorite chefs, Paula Deen, was recently diagnosed with Type 2 Diabetes. As the queen of butter and cream, I always wondered how she managed to keep herself healthy! The truth is that over the years, Paula has always promoted moderation in eating her signature high-calorie comfort foods, but most of us get carried away by the sinfully delicious recipes she makes on her shows and tend to eat more than we probably should. The bottom line is that no matter what diet you're on--gluten-free or not--it's always important to eat in moderation. Make sure to get adequate servings of fruits, vegetables, proteins and grains and then allow yourself a treat every now and then to keep your sweet tooth in check.

At *Delight*, we've always tried to bring you a balance of indulgent recipes coupled with healthy alternatives. This Spring we're renewing this pledge and plan to increase our Healthy Living section over the next year to be even more packed with nutritionally sound recipes that we know you're going to love!

Happy Cooking!

Vanessa Maltn Weisbrod

Executive Editor

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Nice to meet ya!



Maureen Stanley
ASSOCIATE EDITOR

Maureen was diagnosed with celiac disease in 2005. Shortly thereafter, she created her own gluten-free blog and podcast (*Hold the Gluten*) to help others in the gluten free community. Maureen strongly believes bacon, nachos & chocolate (all gluten-free of course) should be basic food groups. Maureen also has a young daughter with celiac disease.



Janice Cuevas
FOOD STYLIST/PHOTOGRAPHER

Janice is a girl with a passion for gluten-free living and photography. In 2009, she discovered her sensitivity to gluten, and has also developed allergies to corn and tree nuts. Ever since, she decided to begin blogging and creating recipes to share with the gluten-free community. She also published her first cookbook titled "*Sweets & Treats: A Gluten-Free Guide to the Holidays.*" Janice is very excited to be working with *Delight!*