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PRESS RELEASE

**Are Homemade Snacks a Thing of the Past
For People on Gluten-Free Diets?**

A generation ago, most people hadn't heard the word "gluten," and homemade snacks for kids and adults could include nearly anything. These days, many people have come to realize – on their own through their doctors' advice – that gluten-free diets are a far better choice. Snacks, however, haven't caught up – until now.

"I'm especially proud to offer families *101 Gluten-Free Recipes for Microwave Mug Cakes*," says author Stacey Miller, "because so many people requested gluten-free versions of the snacks everyone else was making. Microwave mug cakes are amazing – and I can say that, because I didn't invent them, I just built on the original recipe that was floating around the Internet and offered 101 more recipes – but they left some people out of the fun. So many people were disappointed that, once again, their gluten-free diets left them feeling deprived of a fun treat that others were able to enjoy. I created *101 Gluten-Free Recipes for Microwave Mug Cakes* so that everyone could participate in making, and enjoying, the quick, easy desserts that you make in a mug in your microwave oven in less than 10 minutes. As a reward, I know that kids who couldn't bake homemade snacks after school now have that option. They don't have to sacrifice self-indulgence to stay healthy. And they don't have to worry about what to do with leftovers, because all microwave mug cake recipes create single-serving snacks every time.

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Miller enjoys sharing the original set of microwave mug cake recipes she created because “they’re quick, they’re easy, and they suit all tastes, whether you’re a fan of chocolate, fruit, or berries.” But she’s just as excited about her new gluten-free recipes, because while they still represent a vast array of flavors, they take into consideration dietary needs and preferences. “Some of my gluten-free microwave mug cake recipes are dairy-free, some are lower in fat than typical microwave mug cakes, and some of them have no added sugar. In fact, if you’ve had difficulty finding a creative, easy homemade snack that meets your dietary requirements, you’ll be happily surprised to find that you’re only 10 minutes away from a homemade gluten-free microwave mug cake – even if you’ve never baked a microwave mug cake, or a gluten-free snack, before. And, like the originals, gluten-free microwave mug cakes require only a spoon, a mug, a saucer, and a microwave oven – no heavy mixers, blenders, or cookie sheets are necessary. So you no longer have to worry that ‘gluten-free’ means ‘snack-deprived’ – on the contrary, your friends will be asking you to share your recipes the first time they try a gluten-free microwave mug cake. I love it that people who are on gluten-restricted diets now have more options – 101 more of them, to be exact!”

*101 Gluten-Free Recipes for Microwave Mug Cakes:
Healthier Single-Serving Snacks in Less Than 10 Minutes*
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Author Bio
Stacey J. Miller

Stacey J. Miller learned at a very young age that, on days when nothing else goes right, she can always make herself feel better by cooking an easy meal or baking a quick dessert. When she's not in the kitchen, she's indulging in her day job. A book promotion specialist, Stacey founded S. J. Miller Communications nearly 20 years ago. She is based in Randolph, Massachusetts, and she also is the author of *101 Recipes for Microwave Mug Cakes: Single-Serving Snacks in Less Than 10 Minutes*.

Suggested Interview Questions

1. What's a microwave mug cake?
2. If people are on gluten-free diets, is it safe for them to eat microwave mug cakes?
3. How do you create microwave mug cakes, and what's different about making a gluten-free microwave mug cake?
4. How does a gluten-free microwave mug cake compare to a regular microwave mug cake?
5. Is it more difficult to bake a gluten-free microwave mug cake than it is to bake a traditional microwave mug cake?
6. For people who aren't familiar with gluten-free baking, is there a steep learning curve?
7. Some of the recipes in your new book are lower in fat than traditional microwave mug cakes, and some have no added sugar. How did you create those recipes?
8. What inspired you to create gluten-free microwave mug cakes?
9. There are gluten-free bakeries and restaurants turning up all over. Why is it still important to be able to bake your own gluten-free snacks?
10. If people are trying to eat more healthful foods, do they really need gluten-free microwave mug cakes?
11. Since you use a microwave oven to make microwave mug cakes, should we expect the unexpected -- such as exploding batter or a stuck-on mess inside the mug?
12. What are some of the more unusual ingredients in your gluten-free microwave mug cake recipes, and where can you find them?
13. What are some of your more popular gluten-free microwave mug cake recipes, and what is your personal favorite microwave mug cake recipe?
14. What are some of the more arcane ingredients you'll find in these recipes?