



Avid baker and recipe developer

ABOUT CARRIE

I created Wheat Free Mom as a way to share my journey into gluten-free living after being diagnosed with Celiac disease over 10 years ago.

Today I have over 800 gluten-free recipes on my site and I continue to be inspired in the kitchen to create more delicious recipes.

My mission is to inspire my readers in the kitchen and live your best gluten-free life!

2020
PAGE VIEWS

30K

Instagram
Followers

13K

TOP LOCATIONS

Can/US

Email
Subscribers

3796



7877



2713



1.1 million



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