

Wellness expert and gluten-free guru Elana Amsterdam is the founder of elanaspantry.com, a website (1 million page views per month) where she shares simple, healthy recipes and lifestyle advice with her readers.

She has written articles for Parents, Shape Magazine, The Denver Post, and Delicious Living and has been featured in a variety of media outlets including Crain's New York Business, Fortune Magazine, The Washington Post and The Wall Street Journal, and has appeared on CNN and MSNBC.

Her first book, The Gluten-Free Almond Flour Cookbook, published by Random House in July 2009, went into its 5th printing just a year after its release. The book was named one of the "Best Cookbooks of 2009" by The Denver Post.

Her latest book, Gluten Free Cupcakes, released April 2011, contains delightful, healthy, nutrient dense desserts.

Elana lives in the heart of Boulder, Colorado with her husband, 2 boys (chefs in training), 2 bunnies and 5 chickens.