

Wellness expert and gluten-free guru Elana Amsterdam is the New York Times bestselling author of the book *Paleo Cooking from Elana's Pantry*, and founder of the blog elanaspantry.com, where she shares simple, healthy recipes and lifestyle advice.

Elana has written for *Parents*, *Shape Magazine*, and *Delicious Living* and has been featured in a variety of media outlets including *Fortune Magazine*, *The Washington Post*, and *The Wall Street Journal*, and has appeared on CNN, MSNBC, and Fox News Live.

Her other books include *The Gluten-Free Almond Flour Cookbook* (Random House 2009) named one of the "Best Cookbooks of the Year" by *The Denver Post*, and *Gluten Free Cupcakes* (Random House 2011), a tome of enticing, yet healthy desserts.

Elana has a BA in history from Columbia University. She now lives in Boulder, Colorado with her husband of 18 years and her two teenage sons.