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Cynthia Stevens Graubart Biography

Cynthia Stevens Graubart is an author, speaker, former cooking show television producer, and the co-author of *“The One-Armed Cook: Quick and Easy Recipes, Smart Meal Plans, and Savvy Advice for New (and not-so-new) Moms”* (Meredith Books 2005), a finalist for USABookNews’ Book of the Year (2005). Combining her love of cooking and her problem-solving genius, Cynthia co-wrote *“The One-Armed Cook,”* deemed the ‘culinary version of *What to Expect When You’re Expecting,*’ from her own experiences and challenges in the kitchen with her son, then three years later with her daughter, each on her hip.

In addition to writing for parenting and cooking publications, she appears on television and radio programs around the country sharing her delicious recipes and do-ahead strategies with her eager audiences. She appears nationally, speaking to mother’s groups and teaching new parents the tricks and techniques to get into and back out of the kitchen in hurry – spending less time in the kitchen and more time at the family dinner table.

Cynthia and her co-author Catherine Fliegel, contribute to RealSavvyMoms.com, answering culinary questions from members trying to feed their families while keeping up with very busy lives. As *Family Culinary Experts*, their new Weekly Menu Planner Newsletter with recipes and shopping lists is distributed by ParentsConnect.com, a Nickelodeon venture.

After achieving her Bachelor of Arts degree in Journalism at the University of Georgia, and studying for her Master’s degree in Broadcast Management at the University of Florida, Cynthia launched her television cooking show career with Nathalie Dupree, producing Nathalie’s first national public television series *“New Southern Cooking”* followed by more than 10 years of producing and consulting for television cooking programs, chefs, and authors known around the world.

Briefly turning to public relations and marketing once the children started school, Cynthia gained savvy as a promoter. The book still wouldn’t leave her mind, so she used her new skills to package her product for Meredith Books.

Answering the questions of anxious, but conscientious, parents around the country inspired Cynthia and Catherine to begin their second book, *Family Mealttime: Found!*, giving parents a roadmap back to the family table along with weekly menu plans, recipes, and shopping lists.

Cynthia is a member of the International Association of Culinary Professionals (IACP) and lives in Atlanta, Georgia with her husband and their two children.

Cynthia Stevens Graubart and Catherine Fliegel, RN, CCE are the authors of “The One-Armed Cook: Quick and Easy Recipes, Smart Meal Plans, and Savvy Advice for New (and not-so-new) Moms” published by Meredith Books (April 2005) ISBN 0-696-22682-0.

Visit them online at www.theonearmedcook.com.

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