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Paraskevi Somalou graduated from the Department of Biological Applications & Technologies of the University of Ioannina in 2018 with a five-year degree in Biology, which also serves as an Integrated Master. She is currently a PhD Candidate at the Laboratory of Applied Microbiology & Biotechnology of the Department of Molecular Biology & Genetics (MBG) of the Democritus University of Thrace (DUTH), under the supervision of Professor Ioannis Kourkoutas.

Her research focuses on the development of innovative food products. At the same time, she has worked as a Researcher in two research projects, funded by the European Union and Greek National Funds, entitled "Innovative Functional Foods: Development, Production, Characterization, Properties-iFUNFoods" and "Microbiome Applications in Food Systems-FOODBIOMES". She has 2 publications in peer-reviewed journals and 12 conference presentations.