

**Kossyva Vasiliki**  
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## Summary

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**Vasiliki Kossyva** is a PhD candidate at the Department of Nutrition and Dietetics at the University of Thessaly. Her research focuses on the isolation, characterization, and investigation of bioactive compounds derived from Aromatic and Medicinal Plants (MAPs), as well as their applications in food and cosmetic systems.

She obtained her undergraduate degree in Chemistry from the University of Ioannina in 2018 and completed her master's thesis in 2023, entitled “Synthesis and study of co-crystals and molecular salts of 4-styrylpyridine – Photochemical activity of the synthesized compounds.”

From September to December 2025, she completed a three-month Erasmus+ traineeship at the University of Parma, where she gained international research experience and further developed her expertise in her field.

She actively contributes to academic activities at the University of Thessaly, supporting teaching and laboratory instruction in courses such as Food Chemistry, Biochemistry, and Food Technology.

She has been a member of the Hellenic Chemical Society since 2018. In addition to her academic experience, she has worked in the private sector as a Senior Associate in the raw milk supplies department of a PDO feta cheese production company (2020–2021), and as a Quality Control Supervisor for pharmaceutical raw materials and food additives (2021–2023).

She has attended certified seminars on Social Media Business Marketing (Department of Information and Communication Technologies) and has received training in the operation of the Agilent Cary 630 spectrophotometer, Microlab PC, and Pharma Software. Additional training includes seminars on Health and Safety in Research Laboratories (Hellenic Pasteur Institute), the 2019 Lecture Series at the University of Ioannina titled “On Generation and Corruption,” workplace compliance and ethics training, and participation in the 10th Panhellenic Conference of the Hellenic Society of Basic and Clinical Pharmacology.

## Research Projects:

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- **December 2025 – November 2028**  
“*FRAME: Food Resilience through Architecturally Modelled Environments*”  
(Erasmus+, European Commission, MIS 101246602, EAKE 8412)
- **June 2023 – August 2025**  
*ΚΑΣΘΑΝΑΙΑ*: Transfer of know-how for the innovative utilization of “sorted” and fallen chestnuts (an ecological and research-based innovation) and strengthening the competitiveness of chestnut producer groups.”, ΕΣΠΑ 20142022, Μ16ΣΥΝ2-0412, EAKE 7478

## Publications & Conference Contributions:

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### 2025

- Alexandraki, M., Maisoglou, I., Koureas, M., Kossyva, V., Tzereme, A., Meleti, E., ... & Manouras, A. (2025). *Physicochemical Properties and Antioxidant Profile of a Fermented Dairy Beverage Enriched with Coffee By-Products*. **Beverages**, 11(4), 121. <https://doi.org/10.3390/beverages11040121>

- Kossyva, V., Vrontaki, M., Manouras, V., Tzereme, A., Meleti, E., Dimitriou, L., ... & Manouras, A. (2025). *From Waste to Worth: Utilizing Downgraded Greek Chestnuts in Gluten-Free Functional Biscuits*. **Sci**, 7(3), 106. <https://doi.org/10.3390/sci7030106>
  - Maisoglou, I., Koureas, M., Dimitriou, L., Meleti, E., Alexandraki, M., Kossyva, V., Tzereme, A., Vrontaki, M., Manouras, V., Manouras, A., & Malissiova, E. (2025). *Functional goat milk yogurt dessert enriched with antioxidant extract from spent coffee grounds: Sensory and consumer insights*. **Dietetics**, 4(3), 34. <https://doi.org/10.3390/dietetics4030034>
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## 2024

- Meleti, E., Kossyva, V., Maisoglou, I., Vrontaki, M., Manouras, V., Tzereme, A., ... & Manouras, A. (2024). *The Nutritional Benefits and Sustainable By-Product Utilization of Chestnuts: A Comprehensive Review*. **Agriculture**, 14(12), 2262.
- *Utilizing Essential Oils in Almond Butter Production for Advanced Sensory Characteristics*. 1st Hellenic Sensory Science Conference (SENSO Conference 2024), Limnos, Greece (Poster).
- *Preliminary results on the fallen chestnut characteristics: utilization perspectives*. Eurocastanea European Days 2024, Melivoia, Greece (Poster).

