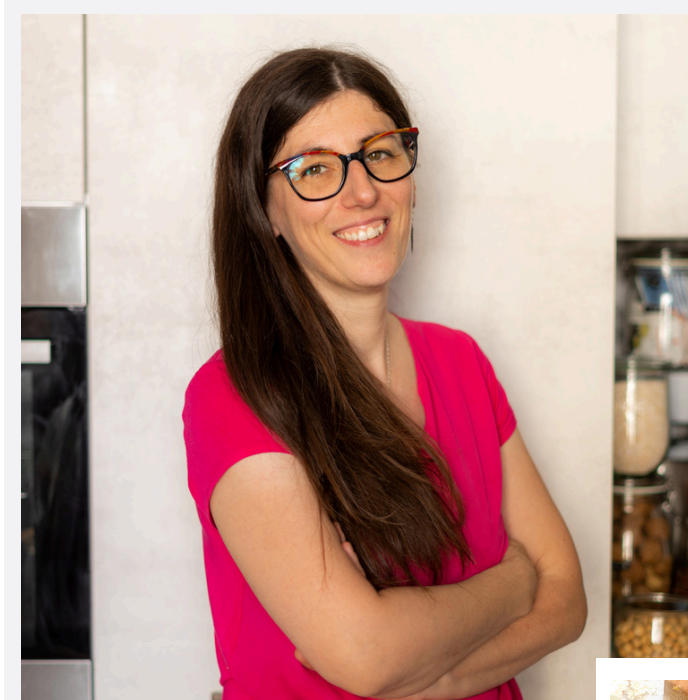




Alexandra Pavani

Food Blogger - Food Photographer - Food Content Creator



Who I am

I have been dedicated to cooking for people with food intolerances for over ten years, starting when I met my husband, who is lactose intolerant. From this personal need, a passion was born, which, combined with my love for photography, led me to share my recipes first through a website and then through social networks, where many followers engage with me daily.



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My first cookbook

In October 2022, my first cookbook was released: "**Cooking without Milk and Without Eggs**" (Red editions) where I wanted to share the idea that cooking and eating in a way that is attentive to dietary diversity is possible without necessarily having to give up the recipes that most stimulate the palate.



"Cooking Without Milk and Eggs: Recipes for the Intolerant and the Rest of the Family."

The book is a photographic recipe collection featuring 89 vegetarian recipes and tips for substituting milk, dairy products, and eggs. It is suitable for the whole family, even for those who do not suffer from any food intolerances. The goal? To share a delicious and healthy meal together, without stress!

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My cooking shop

In 2024, I launched In Cucina con Glicerinia, an e-commerce dedicated to all things cooking, featuring kitchen items and lactose-free recipe eBooks (all created, written, photographed, and formatted by me).



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Diversamentelatte

Since 2013 I have been publishing my recipes on Diversamentelatte.it, a recipe book and a virtual place where those who suffer from a food intolerance can find a dish suitable for their needs or an alternative to offer to their loved ones.



My photos are the story of what happens in my family, where we always try to be careful about what we eat without missing out on the pleasures of the table.

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Social Reach and Website Stats

Diversamentelatte.it receives 100k monthly page views and 2.5k daily visits. I have a strong presence on social media:

100k

visualizzazioni
di pagine
mensili

2,5k

visite
giornaliere



46.7k
Followers



4,455
Followers



4,600k
Followers



1,014k
Followers

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What I do

I **create recipes** (text, photo, or video formats) for companies, magazines, books, and web pages tailored to specific dietary needs. I also offer **sponsored posts, influencer marketing campaigns, and content creation** on my social channels and blog, as well as **ghostwriting services for editorial or web projects**. Additionally, I design and format **eBooks** focused on cooking/nutrition.

I worked with

Mila Sudtirolese, KoRo, Valsoia, Fage, Everdrop, Arborea, Ritter, Tre Valli, Cortilia, Sgambaro, Vitamill, Legume Chef, Pomelo, Weissestal, Germogliamo, Linwood, Le Parfait, Probios, Nucis, Bauli, Bennet, Eurospin, Hotpoint, Baule Volante, Terza Luna, Ciobar Cameo, etc.



[Pinterest](#)



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[Instagram](#)



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