

# Cucumber Tomato Sandwich Recipe / Picnic Sandwich



Cucumber tomato sandwich recipe is a easiest and quick to make, filling sandwich for breakfast or snacks. You can also take this sandwich for picnics. Even beginner or bachelor can make this go-to sandwich to office by wrapping them in aluminum foil. Here I used whole wheat bread, you can use any bread of your choice. I have seen this kind of sandwiches in

many bakeries in India where they use butter / mayo, tomato, cucumber, salt and pepper. I already posted Indian version of [tea sandwich](#). Try this easy sandwich and include fresh veggies in you diet.

## How to make Cucumber Tomato Sandwich Recipe

Cucumber Tomato Sandwich Recipe / Picnic Sandwich Recipe



[Save Print](#)

Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Cucumber Tomato Sandwich Recipe is a easiest and quick to make, filling sandwich for breakfast or snacks. You can also take this sandwich for picnics. Serve this cucumber tomato sandwich with potato chips and soda.

Author: Gayathri Ramanan

Recipe type: Sandwich

Cuisine: American

Serves: 1

Ingredients

- 2 Whole Wheat Bread
- 6 Slices of Cucumber
- 5 Slices of Tomato
- 1 Tbsp of Butter (Unsalted)
- Salt and Black Pepper Powder to taste
- 2 Tbsp of Vegannaise / Mayonnaise

## Instructions

1. Wash and finely slice the cucumber and tomato.
2. Apply a tsp of butter evenly on single side of every bread and toast it in a toaster till golden brown.
3. Trim the edges of bread, if you want.
4. Place the bread in a plate, spread the eggless mayo on single side of both the bread, arrange the cucumber and tomato slices.
5. Add salt and pepper powder to taste.
6. Place the other bread on top and lightly press it.
7. Cut the sandwich diagonally or vertically while serving.
8. Serve this cucumber tomato sandwich with potato chips and soda.

## Notes

You can use any bread of your choice.

You can use ghee (clarified butter) in place of butter.

If you have mint chutney, you can spread it bread in place of mayo for healthy version.



Tags: [cucumber tomato sandwich recipe](#), [cucumber sandwich](#), [tomato sandwich](#), [easy breakfast sandwich](#), [picnic sandwich](#), [healthy sandwich](#), [sandwich recipe for kids](#), [bachelor sandwich ideas](#), [how to make cucumber tomato sandwich recipe](#), [prepare tea sandwich](#), [Indian easy breakfast recipe](#)

---

## [Eggless Whole Wheat Zucchini](#)

# Pancakes



Today I am sharing a popular International breakfast dish – Pancakes. Here is a eggless whole wheat zucchini pancakes recipe for you. You can make a simple and easy pancakes without adding any veggies or fruits. Being vegetarian, I haven't tasted any pancakes in any restaurant as they add eggs in pancake batter. So I decided to try at home. Usually pancakes are made with all purpose flour (maida) and it is unhealthy so I searched for soft, fluffy whole wheat egg free pancake recipe in google and I referred this [site](#) and made few changes, added some grated zucchini to the batter to make it healthy. It tastes really great with maple syrup and butter. Do try this pancake recipe for breakfast to kids, I

bet they will love them. Do not avoid baking powder which actually does the trick. For vegan version of pancake, add soy milk or almond milk in place of cow's milk. Also check my [eggless blueberry pancake recipe](#)



## How to make Eggless Whole Wheat Zucchini Pancakes

5.0 from 1 reviews

Eggless Whole Wheat Zucchini Pancakes



[Save Print](#)

Prep time

10 mins

Cook time

15 mins

Total time

25 mins

Eggless Whole Wheat Zucchini Pancakes are soft and fluffy American's favourite breakfast recipe. Serve it with butter and maple syrup on top and fruits.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: American

Serves: 6

Ingredients

- 1 Cup of Whole Wheat Flour
- 1 Tbsp of Baking Powder
- 1 Tbsp of Sugar
- $\frac{1}{4}$  Tsp of Salt
- 1 Cup of Milk
- 2 Tbsp of Oil
- $\frac{1}{2}$  Cup of Zucchini (grated)
- $\frac{1}{2}$  Tsp of Vanilla Essence

Instructions

1. Wash, peel the skin and grate the zucchini finely.
2. In a bowl, add whole wheat flour, baking powder, sugar

and salt. Mix everything thoroughly. Add oil, milk and vanilla essence. Whisk well without forming any lumps. Finally add grated zucchini to the batter and mix well.

3. Heat cast iron pan, spray some oil and wipe it with paper towel, for each pancake, add  $\frac{1}{4}$  cup of batter to the hot griddle.
4. Turn the pancake to other side when you see bubbles on top and cook till it turns golden brown.
5. Hot, soft and fluffy eggless whole wheat zucchini pancakes are ready to serve.
6. While serving top it with butter and maple syrup or honey.

### Notes

Always use cast iron skillet to make pancakes.

Do not skip baking powder. Do not use baking powder more than mentioned amount.

You can add butter in place of oil.

Always cook in medium flame.

If you don't like wheat taste, replace it with all purpose flour (maida).

Always make pancake thick not thin.

Use the same laddle for all pancakes to get same size and do not spread like dosa.



**Tags:** [Eggless Whole Wheat Zucchini Pancakes](#), [eggless pancakes](#), [whole wheat pancakes](#), [100% whole wheat pancakes](#), [zucchini pancakes](#), [breakfast pancake recipe](#), [pancake recipe](#), [soft and fluffy pancakes](#), [vegan pancakes](#), [easy whole wheat pancakes](#), [how to make eggfree pancakes at home](#), [prepare wheat eggless pancakes.](#), [american breakfast recipe](#), [breakfast pancakes](#), [easy breakfast ideas](#)

---

## [Fresh Fruit Salad with Yogurt Honey Dressing](#)

# Fruit Salad with honey and yogurt dressing



© foodybuddy.net

Fresh fruit salad with yogurt honey dressing is a simple to make, healthy and refreshing salad. It was in my draft for long time so I want to post this pretty looking salad before summer ends. If you have 3 or more fruits lying in your fridge, start making this fresh fruit salad with yogurt, drizzled with honey and topped with roasted almonds. You can serve this salad for breakfast or as evening snack.

# How to make Fresh Fruit Salad with Yogurt Honey Dressing

5.0 from 1 reviews

Fresh Fruit Salad with Yogurt Honey Dressing



[Save Print](#)

Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Fresh Fruit Salad with Yogurt Honey Dressing is a simple to make, healthy and refreshing salad. You can serve this salad for breakfast or as evening snack.

Author: gayathri ramanan

Recipe type: Salad

Cuisine: Indian

Serves: 1

Ingredients

- 14 Oz of Cantaloupe, Cut into Cubes
- 1 Red Delicious Apple, Cut into Cubes
- 10 Blackberries, Whole
- 10 Grapes, Chopped into half

- $\frac{1}{4}$  Cup of Yogurt
- 2 Tsp of Honey or to taste
- 1 Tsp of Brown Sugar
- Salt to taste
- Few Almonds, Chopped

## Instructions

1. In a small bowl, mix yogurt, honey, brown sugar and salt.
2. In another bowl, add cantaloupe, apple, blackberries and grapes. Now add the dressing to the fruits and mix well. Chill it for an 15 to 20 mins before serve.
3. Finally add chopped almonds at the top and serve.

## Notes

You can use any seasonal fruits of your choice.

Adding salt enhances the sweet taste.

If you don't have brown sugar, just omit and add extra tsp of honey.

# Fruit Salad



© foodybuddy.net

Tags: [fruit salad](#), [fresh fruit salad](#), [fruit salad recipe](#), [how to make fruit salad at home](#), [fresh fruit salad with yogurt honey dressing](#), [fruit salad with yogurt](#), [easy salad recipe](#).