

Vegetarian Picnic Food Ideas

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you're a vegetarian or sharing a picnic with a few, you'll need to make sure that there is plenty of vegetarian picnic food available. Here are a few options.

Veggie Burger

A veggie burger is a meatless hamburger patty. Instead of beef, a veggie burger can be made from vegetables, soy meat, dairy products, wheat or other ingredients. Veggie burgers made of soy meat can be tossed on the grill just like regular burgers. A few of the most popular versions of the veggie burger are the portabella mushroom burger and the spicy black bean burger.

Falafel

Give your picnic food some Middle Eastern flair by preparing a few falafels. This tasty vegetarian dish consists of a ball or patty constructed of ground chickpeas and fava beans and usually served in a pita. It is often topped with vegetables and tahini-based sauces.

Big salad

Toss all of your favorite veggies together in a delicious salad and you have a killer picnic meal. Here's a swell recipe for a sun-dried tomato salad that will satiate any picnicker's hunger.

Tofu Dog

Want a hot dog without the meat? Then, just toss a tofu dog on the grill. A tofu dog is high in protein, low in fat and a delicious picnic food. Feel free to slather it in ketchup and mustard just like you would with a regular hot dog.

Deviled Eggs

Typically composed of hard-boiled eggs, mayonnaise, salad dressing and mustard, deviled eggs are a delectable picnic food option. Spice your deviled eggs up by by tossing a little paprika or garnish on them.


Pasta Salad

A pasta salad can be made in a variety of options, from Greek salads to anti-pasta salads to Italian pasta salads. Toss in vegetables like baby carrots, sweetcorn, snow peas and others to give your pasta salad some extra punch.

The bottom line on vegetarian picnic food

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you spend some time considering your options, you should be able to find numerous vegetarian dishes for your picnic and ensure that all of your fellow picnickers are accommodated.

John Moxly has spent more than 30 years working as a writer in various facets of the outdoors and camping industries. He is an avid camper and buys all of his picnic baskets and backpacks from Picnic World.

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Green Smoothies For Kids – Great Smoothie Recipes And Ideas

Are you looking for recipes for green smoothies for kids? It has never been easier to dish out a healthy and favorite smoothie for kids. These blended beverages usually include fresh fruits or leafy greens, and since they are packed with nutritional goodness and taste great, they are a must-drink on the list of growing kids.

Smoothiehollic? Try These Smoothie Recipes

Use bananas, berries, and mangoes with spinach, parsley and romaine lettuce. To sweeten your smoothie, use agave nectar or molasses. You can also use various kinds of greens including Kale, Spinach, Mustard/Turnip/Collard/Beet Greens, Romaine and throw in a few fruits your kid loves and blend it with water. And you dont have to worry too much about combining food because greens can be combined with anything. If your kid loves milk, you may try to blend it with milk too. Green smoothies taste great with coconut water as well.

For an over the top smoothie, you can use baby spinach, frozen bananas, peaches, pineapple, spirulina powder and chia seeds with water.

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Nutritional Benefits of Green Smoothies

Our body misses some vital nutrients because we don't chew food at times. However, with green smoothies it is easier for the body to absorb the vitamins and minerals as the food is in an easily digestible liquid form. With the essential nutrients in your body, your kids will have enough stamina to last through their action packed day.

If you are having trouble getting your kids to drink these healthy smoothies, accentuate their taste by adding berries or have concoctions names for the green smoothies. They are sure to come and ask you to prepare Popeyes favorite drink or Shreks drink. If you are in the process of introducing green smoothies to your kids, ensure that you use organic ingredients only. Modeling (drinking the smoothies yourself before introducing it to your child) works very well too. Try to introduce newer ingredients every time you make a green smoothie, so your kids will never get bored of it. Let your kids help you while you make these smoothies too. They will enjoy being a part of it and drink with great gusto.

There are a number of recipe books which have some great green smoothie recipes. You can also find easy green smoothies for kids recipes online. This is one of the easiest and practical ways to enhance your child's health. However remember that a green smoothie should contain fresh raw greens and fruits. The process of making them is simply blending them.

Read our shocking Vitamix reviews at <http://www.BlenderReviewer.com/> and find out if this popular blender is worth the cost.