

**LOVE STARTS IN THE KITCHEN!™  
AND THE BEST DOCTOR IS THE COOK!™**

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**KIDS IN THE KITCHEN**

It's a given: the kids are hungry and meal time is still a way off. How about a healthy and delicious pineapple popsicle, or a frozen grape skewer? Both are kid pleasers (treat yourself and have one, too!). The best part is: the kids can help, and when they do that, they are much more eager to try new foods.

**PINEAPPLE POPSICLES**

Process in batches in a food processor or blender until as smooth as you like:  
3 cups fresh pineapple chunks, or 1 can, 14.5 oz, chunks packed in juice, not syrup, drained, 1/3 cup 2% milk (or use soy) and a few tablespoons of natural sugar or honey if it needs sweetened – start with 3 tablespoons and go from there. Pour into molds or cups, with wooden sticks inserted if necessary. Freeze several hours. Makes 8.

**FROZEN GRAPE SKEWERS**

Use a flat head toothpick and skewer 3-4 grapes on each one. Freeze hard uncovered and then put into freezer containers. Let the kids eat these right out of the freezer.

**WHY THIS RECIPE IS GOOD FOR YOU:**

- Fresh pineapple helps keeps bones strong by providing manganese – this helps make collagen, a protein that helps build bone, skin and cartilage. Pineapple also improves digestion and even helps relieve cold symptoms with its high vitamin C content (Mom used to give us pineapple juice when we had sore throats).
- Milk contains calcium and grapes, especially if they're red, contain powerful anti-oxidants.

Honey is nature's sweetener and is sweeter than sugar so you can use less. It can relieve constipation, speed healing and prevent infections.

**READ RITA!**

**My books *Gifts without Ribbons, Culinary Herbs that Heal Body and Soul, The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) are available at Susan's Natural World**

**RITA'S YUMMY BREAD BLENDS!**

**Buy them at Susan's Natural World.**

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**Rita Heikenfeld**