Fruit-and-cheese Kabobs
Here's further evidence that everything has more kid appeal when it is stuck on a stick. These delightfully simple kabobs can help satisfy a craving for sweets while providing good nutritional value (protein, vitamins, and fiber).

INGREDIENTS
Apple    Cheddar cheese    Raisins

Cut the apple and cheese into small cubes. Have a handful of raisins and a few toothpicks ready. Let your kids make tiny apple, cheese, and raisin arrangements on the toothpicks in any order they like. (You can also use pineapple, strawberries, or pears.) Eat the kabobs soon after you make them, so they're nice and fresh.