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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

A Healthy Summertime Snack For Your Kids

By Ronnie Daniels

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by: **Ronnie Daniels**

Oh, for the lazy days of Summer.... As If!

You have all you need to make a platter of mini kebobs that your children will love.

Just make some up in the morning and place on a platter in the fridge.

They'll grab 'em and go.

Here's the recipe instructions:

Take a skewer and slide two pieces of fruit on

add one piece of pre cooked popcorn chicken

add a slice of banana

you may also put cheese cubes next if you like

now just repeat the process until the skewers are filled up

arrange on a platter and cover with plastic wrap.

Chill and watch them disappear!

To get my recipe "Sweet & Spicy Popcorn Chicken" free just e-mail me at

ronnie8444@roniesmagickitchen.com

. Please put popcorn chicken in the subject line. I hope you can use this idea.

Thanks,

Ronnie Daniels

<http://roniesmagickitchen.com>

ronnie8444@roniesmagickitchen.com

Healthy Foods That Your Kids Will Love

By Angela Tyler

Start the Day Right

Naturally Sweet

Make it Fun

Healthy Dinner

Would you rather spend time doing the things you love rather than being stuck in the kitchen?

<http://www.freequickrecipes.com>

has quick recipes for mothers... and others. And, if you are looking for

fun exercise videos for your kids, don't miss

<http://www.funexercisevideos.com>

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