**Keep Children Happy**

Ingredients

* Cherries
* Root Beer
* Peanut Butter and Apple Butter Sandwiches

Cherries are the fruit of self confidence and self love and bring happiness.

Root beer or Sarsaparilla is said to induce playfulness. Peanut butter and Apple butter are also self-confidence foods and give energy, health, grounding, and protection. Whole wheat or bread with grains provide more physical and mental stimulation and are healthier than white bread which weighs the physical body down. Simply feed these foods to your children as snacks or meals.