



## Root Beer Float Smoothies

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Equipment

- Blender (or pitcher + immersion blender)
- Liquid measuring cup
- Measuring spoons

### Ingredients

Root Beer Float Smoothies

- 3 frozen bananas
- 1/2 C plain Greek yogurt (sub dairy-free plain yogurt)
- 1 tsp stevia/sugar, to taste
- 1 C ice
- 2 C root beer
- 1/2 tsp vanilla extract
- whipped cream (optional)

### Food Allergen Substitutions

Root Beer Float Smoothies

**Dairy:** Substitute dairy-free plain yogurt in Smoothies.

### Instructions

## Root Beer Float Smoothies

throw + add + top

Have kids throw **3 frozen bananas** into your blender and **1/2 cup of plain Greek yogurt**. Add **1 teaspoon of stevia**, **1 cup of ice**, and top with **2 cups of root beer** and **1/4 teaspoon of vanilla extract**.

blend + dollop + enjoy

Add the lid to your blender and blend until nice and creamy and thick. Pour into glasses and serve with a straw, a dollop of whipped cream, and enjoy with your amazing Zany Zucchini Root Beer Cupcakes!

## Featured Ingredient: Root Beer!

Hi! I'm Root Beer!

"Normally, any of you interested in your health would probably never consider soda pop worthy to include in your diet. In particular, soft drinks are singled out more frequently as first on the list of forbidden foods to avoid because they contain high sodium, sugar, unnatural sweeteners (another whole story there!), and various chemicals. Soda pop is generally viewed as a weight-increasing, tooth-rotting no-no. However, I'm a soft drink with some merit: Root Beer!"

One of root beer's early makers and the first to successfully market it, Charles Hires (hence the famous brand name), originally planned his mixture of roots, berries, herbs, and spices to be an herbal tea. As a pharmacist in the late 19th century, he was most likely familiar with the nutritional benefits of many of the ingredients in his root tea recipe.

The beverage he created contains many ingredients long used to produce beneficial effects. Although the drink's formula may vary from one brand to another, the basic ingredients are usually: vanilla, licorice root, sarsaparilla root, sassafras root, nutmeg, anise, wintergreen, cinnamon, clove, molasses, pimento berry, balsam, cassia, malted barley, cherry bark, fenugreek, St. John's Wort, maple syrup, yucca, cane sugar, and corn syrup. We know that corn syrup is largely frowned upon where health is concerned since it is known to be bad for weight control; similarly, cane sugar is also not welcome by most nutritionally-concerned people.

So, why is it called root beer? Before European explorers arrived in the Americas, early Native Americans made drinks and medicine from sassafras root. Then, starting in the 16th century, European migrants applied their brewing techniques to create a sassafras root beverage closer to the root beer we now drink.

Can you imagine getting such healthy influences on your body from other soft drinks currently on the market? Having remained a beverage of choice by countless people for over a century, it does little harm (depending on the amount and type of sweetener) and has a taste that attracts a following. However, if more people knew that many of its ingredients are good for you, would it remain such a top-selling product?