



## Root Beer Float Smoothies

By Erin Fletter

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

## Fun-Da-Mentals Kitchen Skills

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**dollop:** to add an unspecified blob of food to the top of another food, like dolloping whipped cream on top of a piece of pie.

## 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 **\*\***(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free plain Greek yogurt)**\*\***
- ☐ 1 tsp sugar or stevia, to taste
- ☐ 1 C ice
- ☐ 2 C root beer
- ☐ 1/2 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ whipped cream, optional **\*\***(Omit for DAIRY ALLERGY)**\*\***

# Food Allergen Substitutions

## Root Beer Float Smoothies

**Dairy:** For 1/2 C C plain Greek yogurt, substitute 1/2 C dairy-free/nut-free plain Greek yogurt.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### Root Beer Float Smoothies

#### measure + add

Have kids add **3 frozen bananas** to your blender (or pitcher for use with an immersion blender) along with **1/2 cup of plain Greek yogurt, 1 teaspoon sugar or stevia, 1 cup ice, 2 cups root beer.** and **1/4 teaspoon vanilla extract.**

#### blend + pour + dollop

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** if using. Enjoy with 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?