



## Classic Root Beer Floats

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**Prep Time 2 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

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

**scoop:** to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

### Equipment

- Drinking cups
- Liquid measuring cup
- Tablespoon

### Ingredients

Classic Root Beer Floats

- 3 C root beer
- 3/4 C whipped cream or 1 C vanilla ice cream **\*\***(for DAIRY ALLERGY omit or sub dairy-free/nut-free whipped cream or ice cream)**\*\***
- 1 C ice (optional)

### Food Allergen Substitutions

Classic Root Beer Floats

**Dairy:** Substitute dairy-free/nut-free whipped cream or ice cream in Floats.

## Instructions

### Classic Root Beer Floats

#### pour + scoop

Gather your cups and ingredients. Distribute the ice, if using, and **3 cups of root beer** between all your cups. Then, scoop a few tablespoons of Sweetly Whipped Cream (see recipe) or vanilla ice cream on top.

#### cheers + enjoy

Add any additional root beer, whipped cream or vanilla ice cream to any of the cups. Say a big "Cheers!" Then, enjoy this sweet, creamy treat with your family and friends.

## 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, saffron 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 saffron root. Then, starting in the 16th century, European migrants applied their brewing techniques to create a saffron 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?