

There's a caution that goes with this one. Natural flavored root beer is no longer salable in this country because somebody claimed to find a carcinogen in the sassafras root. Make your own judgment, I'm more frightened of the wild and weird compounds used in artificial flavorings. We get our sassafras from Frontier Herbs by way of Amazon. Martinelli's bottles are of top quality and other supplies can be obtained from home-brewing sources. Clean everything well, stray yeasts can cause problems. Simple as it is, this recipe has been a real pleaser!

Root Beer

In a 5 quart saucepan: (As soon as this is cooking start yeast mixture to allow it to *proof*.)

½ oz. (.032 lbs) dried Sassafras root bark
2 cups organic evaporated cane juice

4 quarts cold water, may be filtered or distilled

Boil 30 minutes, cool at least two hours, pour through sieve into 3 gallon mixing pot
Add:

1 gallon distilled water
½ cup Agave Nectar (adjust to taste)
3 Tbs organic vanilla

2 Tbs Bernard Jensen's Rice Bran Complex
(this is essentially molasses, with lots of vitamins)

Blend thoroughly, verify that temperature is under 105° F, then add yeast mixture below:

In a separate cup:

¼ tsp dry yeast, I prefer bread yeast for root beer

1 Tbs evaporated cane juice

1 cup warm (95° max) Water

Blend again, bottle and cap. Allow to sit approximately two days at room temperature to develop carbonation. Refrigerate to prevent over carbonating and possibly bursting bottles. Use within 2 weeks.



Recipes, Tips, Techniques and Fellowship

If it tastes good is it still good for me? An emphatic *Yes!* to that. Once we get away from the Standard American Diet (SAD) a whole new world opens up. A world where sickness can turn around and things that we like to eat help heal us. Gary has been trained to share the principles of the world famous Hallelujah Diet. Millions have already found that "You don't have to be sick!" Find out how this money saving, Bible rooted program can work for you!

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