

# Root Beer Recipe

## Ingredients:

1L water  
35g fresh ginger, unpeeled and chopped  
5g cinnamon stick  
20g dried sassafras root bark  
10g dried sarsaparilla root  
10g dried liquorice root  
7g dried cherry bark  
2 mL (½ tsp) salt  
450g (500 mL / 2 cups) Demerara brown sugar  
75g (125 mL / ½ cup) lactose (optional)  
15 mL (1 Tbsp) vanilla extract

Active ginger bug - How To Make A Ginger Bug: [https://youtu.be/bbgd-RS\\_tJ0](https://youtu.be/bbgd-RS_tJ0)

I bought all the roots from: <https://www.herbco.com>

## Method:

Bring 1L water, chopped ginger, and cinnamon to a boil.

Boil for 2-3 minutes.

Remove from heat and add sassafras, sarsaparilla root, cherry bark, liquorice root. Cover, and let steep for 15 minutes.

Using a coffee filter, strain solids out of root-infused liquid.

Quickly cool liquid, so any fine particulate will 'drop out'.

Carefully transfer cooled liquid to a pot - leaving behind any 'sludge'.

Add, brown sugar, lactose (if using) and salt, whisk and bring to a simmer to dissolve sugar.

Cool and add vanilla extract.

This root beer syrup can be mixed 1-part syrup to 3 parts carbonated water for a 'non-alcoholic' root beer.

\*\*For a naturally carbonated root beer: Mix 1-part syrup to 3 parts water.

Mix in active ginger bug (75 mL / 1/3 cup for every 2L) [https://youtu.be/bbgd-RS\\_tJ0](https://youtu.be/bbgd-RS_tJ0)

Pour into pressure safe bottles, filling to within 2" of top but no higher.

Cap and set aside at room temperature to let ferment for 2-3 days.

Check fermentation - then chill / store in refrigerator. Makes 4L

\*\*For non-alcoholic / force carbonated root beer:

Mix 1-part syrup to 3 parts carbonated soda water.

Or mix 1-part syrup to 3 parts water, and force carbonate in a corny keg or ISI bottle.

Other possible root beer ingredients:

Anise, Birch Bark, Wintergreen, Burdock root, Dandelion root