

## 3 Drinks Made with Real Sugar 73

By [thequast](#)

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My wife gets on to me, but I love having a coke (or what you may call soda, or pop, or soft drink...) about once a day. Everyone keeps telling me they're bad for me. In fact, I went on a cave tour of Mammoth Cave and the tour guide told me that some of the same stuff in coke is what hollowed out the inside of Mammoth Cave. "Imagine what it does to your insides" she chuckled. Oh well, I'm not going to stop drinking the stuff. But maybe I can be more healthy while doing it. I have heard that the processed corn syrup isn't the best for me, and that real [cane sugar](#) would be better. I have starting drinking a few that a made with real sugar and am here to pass on my favorite three with you. Give them a try! Oh, and by the way...my response to the cave story? Have you ever seen what water does to steel? Imagine what its doing to your insides.



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### Sioux City Sodas

Sioux City Sodas is a line of sodas made by a company called White Rock Beverages out of Whitestone NY.

They claim to be one of America's oldest sodas companies being founded in 1871. While they have several different flavors of soda in their sioux city brand, I have come to like their [Sarsaparilla](#) the best.

I first had Sioux City Sarsaparilla this summer. My family and I were traveling across country and were in Arkansas at the time. We had been driving through a heat wave and the current temps were 115 F. Instead of camping we stopped off in a small town and got a hotel. There was a quaint candy store downtown so we went and took the kids. I bought a 4 pack of those Sarsaparillas, and with the heat that day, liquid refreshment never tasted so good. I can still taste it on my tongue.

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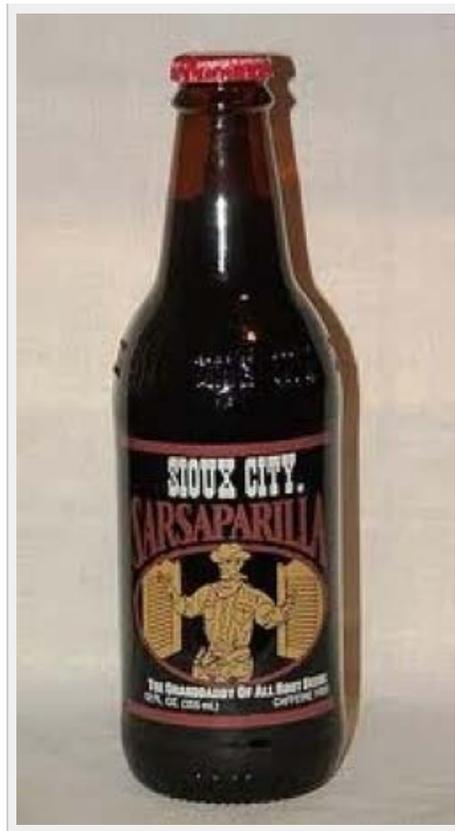
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## Virgils

This was a splurge for me as Virgil's may just be the most expensive soda I have ever drank. They have a root beer and a cream soda. Virgil's uniqueness is that they micro-brew their sodas using fresh ingredients.

Basically they try to get the most flavorful ingredients out there (ie fresh) and then try to squeeze ever last bit of flavor out of them. Then to top it off they sweeten it with cane sugar so that the corn syrup doesn't add or detract from how the main ingredients are supposed to taste.

I have not tried their root beer, but I did have their cream soda. I'm already a big fan of cream soda. Just thinking about it makes my mouth water. I was in a health food store picking up some stuff for my wife. I passed by their refrigerator and saw this spectacular bottle there with a cork and everything. I didn't care what it cost. It looked so stinkin good. I got it and sipped it all the way home. It took everything in me to keep from downing the whole thing as fast as I could because it was so good. I wanted to savor every last drop so I just sipped it for the next couple hours.



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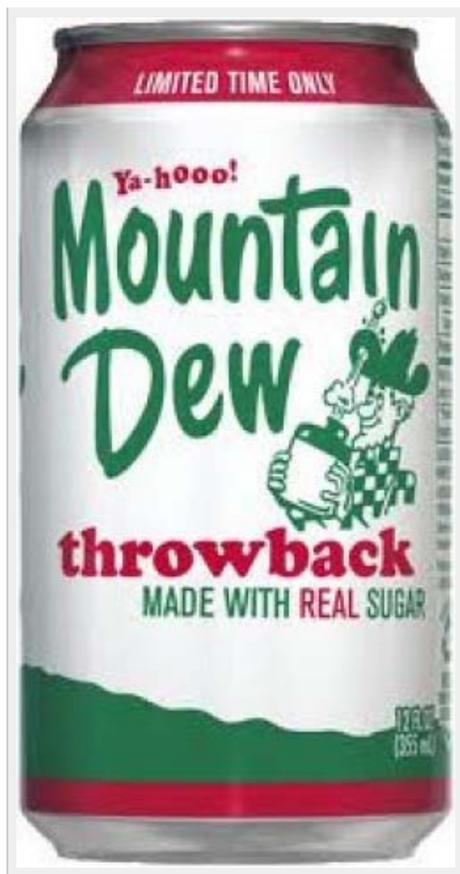
## Throwback

It really surprised me a couple of years back when Pepsi introduced their new throwback line. It looked cool with the old logo and stuff, and they were advertising real sugar. But I figured it couldn't make that big of a difference in how it tasted. After all, why would you release your own product with a superior formula, only to have people upset when you return to the old inferior formula. Boy was I wrong.

The throwbacks taste amazing compared to the regular.

My favorite is Mountain Dew Throwback. This is how Mountain Dew should taste and really needs to taste. It goes down so smooth and is just...BAM! There is no aftertaste.

There is no feeling like there are furry jackets on your teeth. It is just pure unadulterated authentic this-is-what-this-should-be [Mountain Dew](#). If you haven't tried it, pay the extra dollar. It's worth it. Mountain Dew Throwback is my favorite soda made from pure cane sugar.



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