TURKISH · DRINK

Foamy Turkish Ayran (Salted Yoghurt Drink)

5 min · Makes 3 × 1 glass (190 ml) · 38 kcal a portion · Video 9:36 · Refika's Kitchen

Carnivore · Vegetarian · Gluten-free ingredients · Nut-free

A light, refreshing yoghurt drink with no added sugar, at only about 40 kcal a glass. The basic ayran is just yoghurt, water and salt; the milk makes it creamier.

Diet notes: Low carb (3.2 g net carbs) but not keto: 44% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

6 · MAKES 3 × 1 GLASS (190 ML)

- [ ] 8 tbsp **full-fat plain yoghurt**
- [ ] 1 cup **cold water**
- [ ] ½ cup **sparkling water** (or soda water)
- [ ] ⅓ cup **milk**
- [ ] 3–4 pinches of **salt**
- [ ] a sprinkle of **dried mint**, to serve

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Whip 8 tbsp full-fat yoghurt in a blender (or with a whisk) until smooth. 1:47
2. Add 1 cup cold water, ½ cup sparkling water, ⅓ cup milk and 3–4 pinches of salt. 1:53
3. Blend for at least 2 minutes, until a thick layer of foam forms on top. 2:06
4. Pour into glasses and sprinkle a little dried mint over the foam. Drink cold, ideally with grilled meat or a spicy meal. 2:11

> **Tip** For the everyday version, skip the milk and sparkling water and whisk the yoghurt with plain cold water and salt. Refika also blends in a cucumber and 10 mint leaves for a cucumber-mint ayran.

The method is a summary in our words — the video shows every step.

One portion, 1 glass (190 ml), gives you

1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
38 kcal 160 kJ	**2.3** g 5% of a day	**3.3** g 3.2 g net · 3.2 g sugars 1% of a day	**0** g 0% of a day	**1.9** g 1.2 g saturated 2% of a day	**190** mg 8% of a day

Energy from net carbs 33% · protein 24% · fat 43%

Source of (10–19%) Vitamin B12 12%

Recipe and video: Refika's Kitchen (@Refika) on YouTube — youtube.com/watch?v=8hwSdK8Hm1I, published 3 June 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/foamy-turkish-ayran