

**Ingredients for 5 serving of Ayrón**

Kefir 500 ml.  
Basil 4-5 leaves.  
Apple 1 pieces.  
Sparkling water 500 ml.  
Salt 1 tablespoon.

**Ingredients for 5 serving of Goja**

Kefir 0,5 ml.  
Sparkling water 500 ml.  
Corn or wheat 100 gr.  
White corn 100 gr.  
Basil 4-5 leaves  
Salt in taste  
Garnishes with rusks