



Mae pawb yn caru Pancws!

Everyone loves Pancakes!

Cynhwysion

- 1 x banana
- 2 x wy canolig
- 3 x llwy fwrdd o geirch wedi'u rholio

Dull

1. Stwnshio'r Fanana gyda fforc
2. Ychwanegwch wyau a cheirch yn y fowlen, yna cymysgu i'w gyfuno
3. Ychwanegwch ychydig o olew i mewn i'r badell ffrio, ar dymheredd canolig
4. Ffriwch lond llwy fwrdd o'r gymysgedd am ychydig funudau bob ochr



Ingredients

- 1 x banana
- 2 x medium eggs
- 3 x tablespoons of rolled oats

Method

1. Mash the banana with a fork in a bowl
2. Add eggs and oats to the bowl then whisk to combine
3. Add a little oil into a frying pan on a medium heat
4. Fry a tablespoon amount of the mixture for a couple of minutes each side



Tim Integreiddio'r Blynnyddoedd Cynnar - Early Years Integration Team
Neuadd y Gwendraeth, Drefach, Llanelli, SA14 7AB



Ymwelwch: fis.carmarthenshire.gov.wales/early-years-integration-team
Visit: fis.carmarthenshire.gov.wales/early-years-integration-team



Gwybodaeth i Deuluoedd Sir Gâr
Carmarthenshire Family Information



Dilynwch ni ar Twitter @FISSIRGAR
Follow us on Twitter @FISSIRGAR



Mae croeso i chi gysylltu â ni yn Gymraeg neu Saesneg
You are welcome to contact us in Welsh or English



GIG
CYMRU
NHS
WALES
Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Ulywdodraeth Cymru
Welsh Government
Cyngor Sir Gâr
Carmarthenshire
County Council