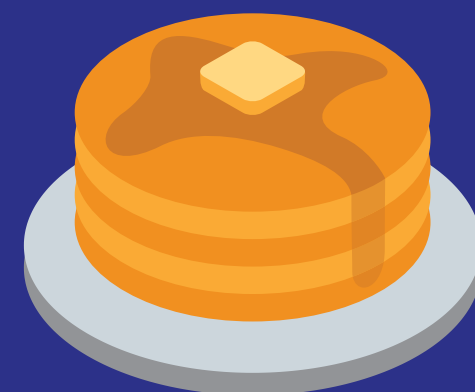




Mae pawb yn caru Pancws! Everyone loves Pancakes!

Cynhwysion

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

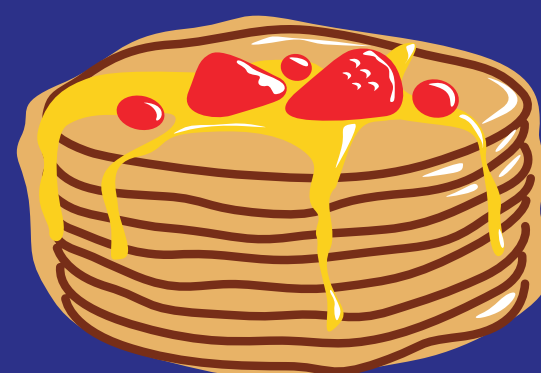


Ingredients

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

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



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

