



Cymysgedd llysiau syml

Swedsen, Moron a Phys (digon am 4 cyfran i'w rhewi)

- Piliwch a thorrwch 250g o Swedsen a Moron
- Berwi am 15 munud
- Ychwanegwch 75g o bys wedi'u rhewi a pharhewch i goginio am 5 munud arall.
- Cymysgwch y llysiau i stwnsh
- Ychwanegwch gymaint o ddŵr ag y teimlwch sydd ei angen i gael cysondeb llyfn

A simple veggie mix

Swede, Carrot and Peas (makes 4 portions to freeze)

- Peel and chop 250g of Swede and Carrot
- Boil for 15 minutes
- Add 75g of frozen peas and continue to cook for another 5 minutes.
- Puree in a blender
- Add as much water as you feel needed for a smooth consistency.

