



# Gweithdy Prydiau Blasus Pwerus

Beca Lyne-Pirkis

# RYSEITIAU HEDDIW

- Smoothie Banana a Cnau Almwnd
- Quesadilla Wy, Caws a Spinach



# SMOOTHIE BANANA A CNAU ALMWND

- 1 banana
- 2 llwy de o fenyn cnau almwnd
- 250ml llaeth
- ½ llwy de o sinamon

## **Dull**

Rhowch popeth mewn i beiriant smoothie i gymysgy tan yn esmwyth.

# QUESADILLA WY, CAWS A SPINACH

- 1 wrap brown, gwyn neu cymysgedd
- 1 wy wedi'i curo gyda halen a phupur
- 20g caws wedi gratio
- Llond llaw o spinach wedi'i dorri
- 1 llwy de o Olew olewydd

## **Dull**

Mewn padell ffrio dros gwres canoloig, rhowch yr olew ac yna yr wy wedi curio. Gorcguddiwch y padell gyda'r wy a tra bod e'n coginio gwasgarwch y spinach a caws cyn rhoi'r wrap ar ben. Fflipiwch y wrap i fod ar waelod y padell a coginiwch am gwpwl o funudau ychwanegol i liwio, plygwch mewn hanner yna gweiniwch.

# PWYNTIAU TRAFOD

- EJNI
- PROTEIN
- BRASTER
- CALSIWM
- HAEARN
- FITAMINAU C & D
- HYDRADI
- TYFIANT & DATBLYGU
- DYSGU
- CYSTADLU
- IECHYD O RHAN:
  - HORMONAU
  - HAEARN
  - IECHYD ESGYRN

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# BANANA & ALMOND SMOOTHIE

- 1 banana
- 2 tsp almond nut butter
- 250ml milk
- ½ tsp cinnamon

## **Method**

Pop everything into a blender and blitz until smooth.

# BREAKFAST QUESADILLA

- 1 wrap of choice
- 1 egg beaten with salt and pepper
- 20g cheese, grated
- Handful of spinach, roughly chopped
- 1 tsp olive oil

## Method

In a frying pan over a medium heat, add the oil and the beaten egg and swirl to cover the pan. Add the grated cheese and spinach and lastly the wrap. Cook for a minute, before flipping the wrap. Cook for a further 1-2 minutes until the wrap has coloured. Fold in half and serve.



# DISCUSSION POINTS

- ENERGY
- PROTEIN
- FAT
- CALCIUM
- IRON
- VITAMINS C & D
- HYDRATION
- GROWTH & DEVELOPMENT
- LEARNING
- COMPETING
- GENERAL HEALTH & WELLBEING:
  - HORMONES
  - IRON
  - BONE HEALTH



# #FELMERCH

*Diolch!*

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