

Crunchy Coleslaw

INGREDIENTS (serves 4)

- ¼ cabbage – washed and sliced thinly
- 1 small onion or 4 spring onions – peeled and finely sliced
- 1 stick **celery** – sliced thinly
- 1 large carrot – peeled and grated
- ½ pepper - sliced thinly
- 2 tablespoons low fat **yogurt**
- 1 teaspoon low fat **mayonnaise**
- ½ teaspoon dried parsley
- ½ teaspoon lemon juice
- freshly ground black pepper



EQUIPMENT

- chopping board, knife,
- mixing bowl, grater,
- tablespoon, teaspoon

METHOD

1. Prepare the cabbage, onion, celery, carrot and pepper and place in the mixing bowl.
2. Mix the yogurt, mayonnaise, parsley and lemon juice together. Pour over the vegetables and mix thoroughly. Serve the coleslaw with homemade pizzas, jacket potatoes or as part of a healthy lunchbox.

HANDY HINT

- * Add grated cheese into the coleslaw for extra dairy goodness

ALLERGY AWARENESS!

This recipe contains: milk, celery, egg



Colsto Crenslyd

CYNHWYSION (yn gwasanaethu 4)

- ¼ bresych - golchi a sleisio'n denau
- 1 winwsyn neu 4 winws gwanwyn bach - wedi'i blicio a'i sleisio
- 1 ffon **seleri** - wedi ei sleisio'n denau
- 1 foronen fawr - wedi'i phlicio a'i gratio
- ½ pupur - wedi'i sleisio'n denau
- 2 lwy fwrdd **iogwrt** braster isel
- 1 llwy de **mayonnaise** braster isel
- ½ llwy de persli sych
- ½ llwy de o sudd lemwn
- papur du newydd ei falu



OFFER

bwrdd torri, cyllell,
powlen gymysgu, gratiwr,
llwy fwrdd, llwy de

DULL

1. Paratowch y bresych, winws, seleri, moron a phupur a rhowch mewn powlen gymysgu.
2. Cymysgwch iogwrt, mayonnaise, persli a sudd lemwn gyda'i gilydd. Arllwyswch dros y llysiâu a chymysgwch yn drwyadl. Gweinwch y colslo gyda pizzas cartref, tatws drwy'u crwyn neu fel rhan o becyn cinio iach.

AWGRYMHANDY

- * Ychwanegwch 25g caws aeddfed wedi'i gratio mewn i'r colslo am ddaioni llaeth ychwanegol

YMWYBYDDIAETH ALERGEDD!

Mae'r rysâit hon yn cynnwys: llaeth, seleri, wyau

