

# 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



# Colslo Crensiog

## 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, cylllell,  
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 llysiau a chymysgwch yn drwyadl. Gweinwch y colslo gyda pizzas cartref, tatws drwy'u crwyn neu fel rhan o becyn cinio iach.

## AWGRYM HANDY

- \* 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

