



# Snack Ideas.....

## Quick Shop Buys

Fruit/Veg loose or in pots/tins (in own juice *not* syrup)

Scones—cheese, plain

Bread sticks

Fruit loaf/bread

Veg sticks with hummus/cottage cheese dips

Dried fruit

Fruit teacake

Sugar free jelly pots



## Simple Bits To Put Together

Crackers and cheese (go for plain normal crackers as these are lower in salt)

Natural/Greek yoghurt and fresh fruit

topping (add oats/muesli for a filling breakfast pot)

Vegetable batons and dip

Celery sticks filled with low fat cheese

Pitta bread fingers and low fat dip/spreads

Fruit slices and low fat soft cheese/yoghurt dip

Homemade smoothie

Boiled eggs—why not draw faces on the shells?



## Plan Ahead

Small omelettes (put all of your omelette mix into a jug and pour into lightly oiled muffin tins and bake)

Homemade popcorn Lots of fun to watch pop and keeps fresh in an airtight container. Try adding different flavours such as cinnamon or black pepper and chilli...

Sweetcorn fritters Mix flour, egg & milk with sweetcorn, onions, and other left overs then cooked into small pancake sized fritters.

Spicy veg Cut broccoli & cauliflower into small florets and throw into a hot wok with ginger, chilli flakes and a splash of soy sauce.

Drop scones Thick pancake mix (use whole meal flour to keep you fuller for longer) together with grated carrot, sultanas and mixed spice and lightly fry small amounts on each side until golden.





# Syniadau ar gyfer byrbrydau....



## Eitemau cyflym o'r siop

Ffrwythau / Llysiau rhydd neu mewn potiau / tuniau (yn eu sudd eu hunain nid mewn surop)

Sgons - caws, plaen

Ffyn bara

Torth / bara ffrwythau

Cacennau reis – hwmws / caws bwthyn

Topins / dipiau

Cymysgedd o ffrwythau wedi'u sychu a chnau heb halen

Cacen de ffrwythau

Potiau jeli heb siwgr



## Eitemau hawdd eu paratoi

Craceri a chaws (dewiswch grace ri plaen arferol gan fod llai o halen yn y rhain)

Iogwrt Naturiol / Groegaidd a ffrwythau ffres

Topin (ychwanegwch geirch / miwslï i greu potyn brechwast i'ch llenwi)

Ffyn llysiau a dip

Ffyn seleri wedi'u llenwi â chaws braster isel

Ffyn bara pitta a dip braster isel

Darnau ffrwythau a chaws meddal / iogwrt braster isel

Smwddi cartref

Wyau wedi'u berwi - beth am dynnu llun wynebau ar y plisgyn?



## Cynllunio ymlaen llaw

Omledau bach (rhowch gymysgedd eich omled mewn jwg a'i dywallt i duniau myffins wedi'u hiro'n ysgafn a'u pobi)

Popgorn cartref Mae'n hwyl ei wylïo'n popïo ac mae'n aros yn ffres mewn cynhwysydd â chaead tynn. Ceisiwch ychwanegu gwahanol flasau megis sinamon neu bupur du a tsili...

Ffriterau india-corn Cymysgwch flawd, wŷy a llefrith gydag india-corn, nionod a sbarion eraill yna eu coginio yn ffriterau maint crempog fechan.

Llysiau sbeislyd Torrwch frocoli a blodfresych yn ddarnau bach a'u taflu i badell boeth gyda sinsir, tsili ac ychydig o saws soi.

Sgon gyteu Cymysgedd crempog trwchus (defnyddiwch flawd cyflawn i'ch cadw'n llawn) gyda moron wedi'i gratio, syltanas a sbeisys cymysg a'u ffrio mewn crempogau bach

