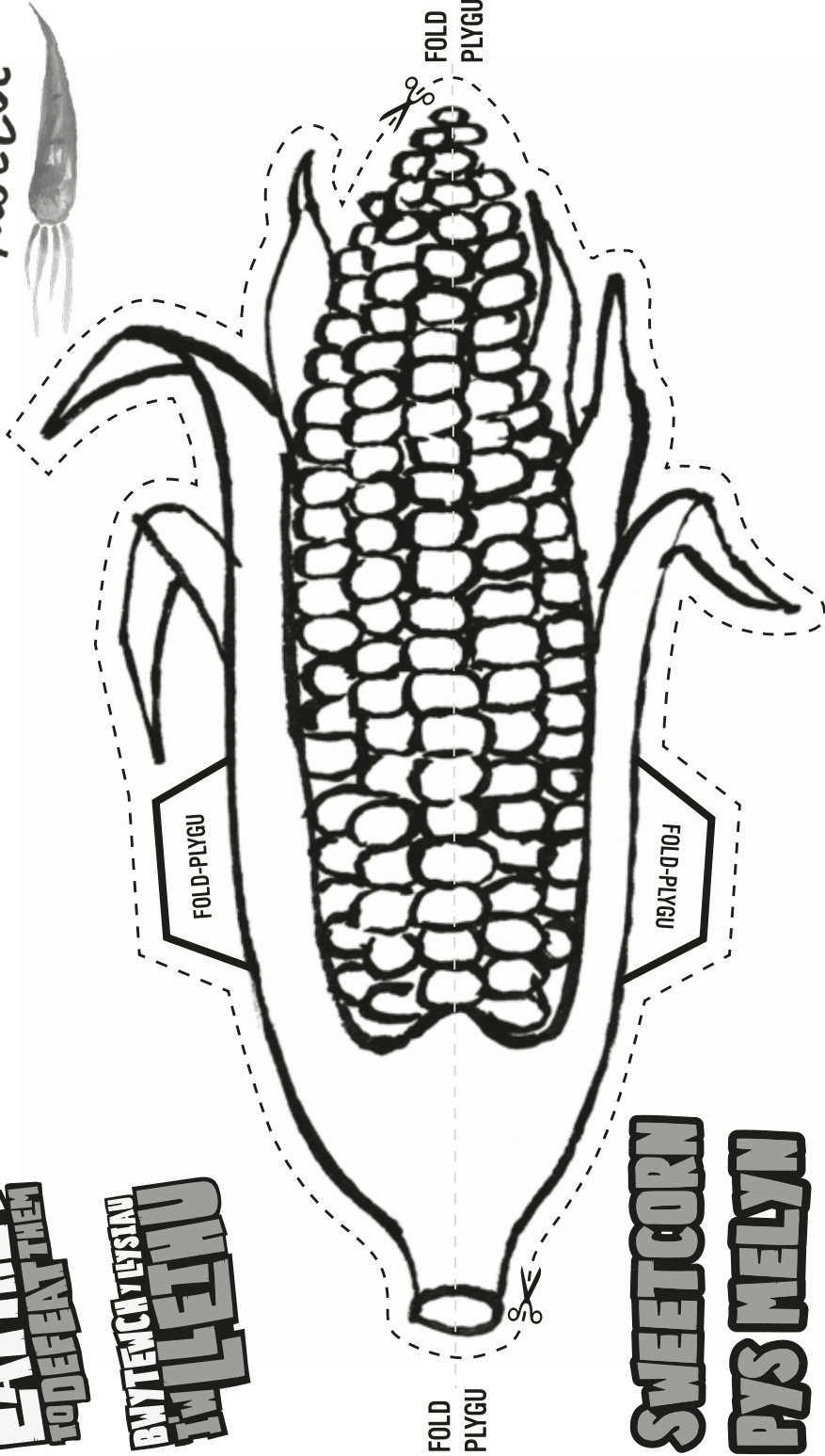


**EAT THEM  
TO DEFEAT THEM**

**BNYTENCH Y LYSTIAU  
TIMLETAU**

*TastEd*



**SWEETCORN  
PYS MELYN**

For instructions, fun facts and taste education ideas,  
head to: [VegPower.org/cymraeg](http://VegPower.org/cymraeg)

Am gyfarwyddiadau, ffeithiau difyr a syniadau ar gyfer  
dysgu am wahonol ffasiâu, ewch i: [VegPower.org/cymraeg](http://VegPower.org/cymraeg)

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