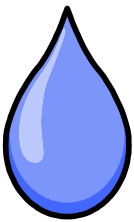


# Sut mae creu swigod gwych



Ewch i nôl potyn bach.



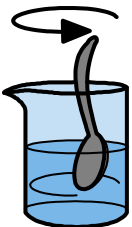
Rhowch ddŵr yn y potyn.

Ychwanegwch ychydig ar y tro.



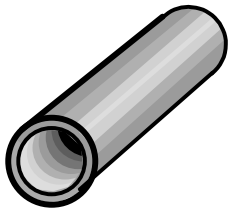
Ychwanegwch ddiferion o hylif golchi llestri.

Ychwanegwch nhw'n araf.

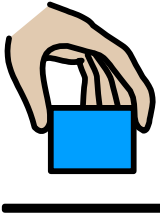


Cymysgwch yr hylif golchi llestri a'r dŵr yn ofalus.





Ewch i nôl rholyn papur cegin gwag.

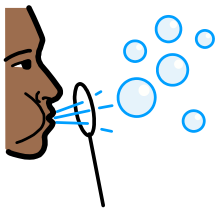


Rhowch y pen yn y dŵr.

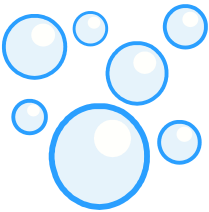
Arhoswch am rai eiliadau.



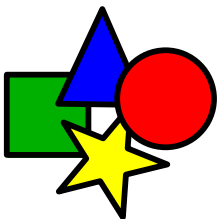
Daliwch ochr sych y tiwb wrth eich ceg.



Chwythwch i mewn i'r tiwb.



Mwynhewch eich swigen!



Rhowch gynnig ar ddefnyddio tiwbiau siapiau gwahanol i weld pa rai sy'n creu'r swigod gorau.

