

APRIL 2013 CLASS SCHEDULE

<p>10 APRIL Wed 2 pm \$55 MRS LIM 【奇奇烘焙室】</p>	<p>特别娘惹‘红龟粿’口味系列</p> <p>龙珠果汁红龟粿【绿豆沙】 马六甲娜娜叶黑龟粿【半甜咸豆沙】 香兰汁青龟粿【椰丝馅】</p>	<p>SPECIAL NONYA ANG KU KUEH FLAVOURS</p> <p>Dragon Fruit Ang Ku Kueh [Green bean paste] Malacca Duan Nabe Black Ku Kueh [Sweet and savory bean paste] Pandan Juice Green Ku Kueh [Coconut filling]</p>
<p>13 APRIL Sat 2 pm \$75 MRS CHEE</p>	<p>经典印尼蛋糕系列</p> <p>印尼传统千层蛋糕 千层蜂蜜蛋白蛋糕 超软核桃巧克力蛋糕</p>	<p>CLASSIC INDONESIAN CAKES</p> <p>TRADITIONAL INDONESIAN LAPIS CAKES Honey Egg White Lapis Cake 新 Super-soft Walnut Chocolate Chip Cake</p>
<p>15 APRIL Mon 2 pm / 7 pm \$60 ANNA</p> <p>Easyway 3.5 马力调理机会员： 50% discount!</p>	<p>体内肠，肝，胆排 – 果汁与咖啡灌肠排毒法</p> <p>示范 3 种蔬果汁 – 净肠，排宿便，抗菌</p> <p>改善便秘，净化肠道与血液。2 周内下腹平坦，皮肤光滑！ 排除体内毒素，改善皮肤过敏症，慢性疲劳，酸痛！</p> <p>灌肠后，DIY 蔬果汁做法</p> <p>净肠蔬果汁 排宿便蔬果汁 现成益生菌吃法</p>	<p>HEALTHY COLON, LIVER, GALL BLADDER DETOX: THE JUICE & COFFEE ENEMA METHOD</p> <p>3 types of juice demo – colon-cleansing, anti-bacteria</p> <p>Restore healthy toilet habits and blood circulation and achieve a flat stomach and beautiful skin in 2 weeks! Detox healthily to soothe skin problems, fatigue and body aches.</p> <p>DIY fruits & vegetable juice (after coffee enema)</p> <p>Colon Cleansing Veg Fruit Juice Clear Compacted Waste Veg Fruit Juice The correct way to eat good bacteria</p>
<p>17 APRIL Wed 2 pm \$95 ANNA</p>	<p>商业：安邦酿豆腐</p> <p>鱼浆打法 咸鱼肉浆打法 【酿入各种各样蔬菜做法】 上汤煮法 甜酱 & 辣椒酱 煮法：蒸，炸，炆</p>	<p>COMMERCIAL: Ang-Pang Yong Tau Foo</p> <p>Exclusive Fish Paste Recipe Salted Fish & Pork Paste [stuffed in assorted vegetables] Secret Recipe: Sweet Sauce & Chili Sauce Cooking methods: Steam, deep-fry, pan-fry.</p>
<p>19 APRIL Fri 2 pm \$70 TEACHER JEAN</p>	<p>新式创意养生糕点</p> <p>巧克力杏仁海绵饼干 荞麦芝麻米粉脆饼 新鲜蔬果米蛋糕</p>	<p>LATEST CREATIVE & HEALTHY SNACK SERIES</p> <p>Chocolate Almond Sponge Cookie Buckwheat Sesame Rice Cracker Fruit & Veg Rice Cake</p>

<p>20 APRIL Sat 2 pm \$60 ANNA Easyway 3.5 马力调理 机会员: 50% off!</p>	<p><u>养生水疗法</u> 日本轰动瘦身冻龄饮品: 神奇的牛蒡茶 红豆茯苓莲子汤: 利尿, 消水肿, 紧实提拉皱纹 紫苏酵素水: 提高免疫力; 杀菌</p>	<p><u>DELICIOUS BEVERAGE THERAPY</u> Japan's popular anti-aging & slimming secret: Burdock Tea Anti-water-retention dessert: Adzuki Fulin Gingko Nut Soup Immunity Booster: Shiso Leaf Enzyme Drink</p>
<p>22 APRIL Mon 2 pm / 7pm \$50 ANNA Easyway 3.5 马力调理 机会员: 50% off!</p>	<p><u>抗三高保命密集</u> - 10 种胆固醇明星食物 - 10 种保护心血管的营养素 南瓜蔬菜泥 糙米茶 能量充沛精力蔬果汁 五谷腰果地瓜奶 五汁饮</p>	<p><u>ANTI TOP 3 HIGH'S - High Blood Sugar, High Blood Pressure, High Cholesterol</u> - 10 types of cholesterol lowering foods - 10 types of nutrients for a healthy heart Pumpkin Vege Paste Enzyme Brown Rice Tea Energy Veg & Fruit Juice Five Grain Cashew Nut Sweet Potato Milk Five Green Juice</p>
<p>23 APRIL Tue 2 pm \$70 MRS CHEE</p>	<p><u>印尼小点心</u> 白肉 QQ 乌达 炸鱼球 炸胶蛋角 [鱼饼包蛋] 酸甜辣椒酱 蒜味柠檬辣椒酱</p>	<p><u>INDONESIAN SIGNATURE SNACKS</u> White QQ Otak Pem Pek Goreng [Fried Fish Ball] Pem Pek Lengang [Fish Cake Egg Wrap] Sweet & Sour Chili Sauce Garlic Lemon Chili Sauce</p>
<p>24 APRIL Wed 2 pm \$80 MRS LIM 【奇奇烘焙室】</p>	<p><u>生意课程: 快速松软包点</u> 叉烧包 寿桃包 白兔豆沙包 香肠卷 叉烧制作 莲花包</p>	<p><u>COMMERCIAL PAU SERIES – instant & super soft!</u> Char Siew Pau Peach Pau Rabbit Red Bean Pau Sausage Roll Char Siew Making Lotus Flower Pau</p>
<p>26 APRIL Fri 2 pm / 7 pm \$95 ANNA</p>	<p><u>商业课程: 香港粥全科</u> 猪骨干贝粥底 柴鱼花生排骨粥 卤很好吃花生 皮蛋瘦肉粥 腐竹白菓粥底 北菇滑鸡粥</p>	<p><u>BUSINESS CLASS: CONGEE</u> Pork Bone Scallop Base Congee Dried Fish & Peanut Pork Rib Congee Stewed Peanut Century Egg and meat Congee Bean Curd Sheet Gingko Nut Congee Chicken Mushroom Congee</p>
<p>27 MARCH Sat 2 pm \$70 TEACHER JEAN</p>	<p><u>最新创意小点心&蛋糕系列</u> 奇异果饼干 法式蔬果优格蘑菇派 黄金栗子番薯迷你蛋糕</p>	<p><u>LATEST CREATIVE COOKIE & CAKE SERIES</u> Kiwi Fruit Cookie French Veg Yogurt Mushroom Pie Golden Chestnut Sweet Potato Mini Cake</p>

Enjoy \$5 discount for early booking. Call us at 6747 0069 now!