

### APRIL 2013 CLASS SCHEDULE

<p><b>10 APRIL Wed</b> 2 pm \$55 MRS LIM 【奇奇烘焙室】</p>	<p><b>特别娘惹‘红龟粿’口味系列</b></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><b>SPECIAL NONYA ANG KU KUEH FLAVOURS</b></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><b>13 APRIL Sat</b> 2 pm \$75 MRS CHEE</p>	<p><b>经典印尼蛋糕系列</b></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><b>CLASSIC INDONESIAN CAKES</b></p> <p>TRADITIONAL INDONESIAN LAPIS CAKES Honey Egg White Lapis Cake 新 Super-soft Walnut Chocolate Chip Cake</p>
<p><b>15 APRIL Mon</b> 2 pm / 7 pm \$60 ANNA</p> <p><b>Easyway</b> 3.5 马力调理机会员： <b>50% discount!</b></p>	<p><b>体内肠，肝，胆排 – 果汁与咖啡灌肠排毒法</b></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><b>灌肠后，DIY 蔬果汁做法</b></p> <p>净肠蔬果汁 排宿便蔬果汁 现成益生菌吃法</p>	<p><b>HEALTHY COLON, LIVER, GALL BLADDER DETOX: THE JUICE &amp; COFFEE ENEMA METHOD</b></p> <p><b>3 types of juice demo – colon-cleansing, anti-bacteria</b></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><b>DIY fruits &amp; vegetable juice (after coffee enema)</b></p> <p>Colon Cleansing Veg Fruit Juice Clear Compacted Waste Veg Fruit Juice The correct way to eat good bacteria</p>
<p><b>17 APRIL Wed</b> 2 pm \$95 ANNA</p>	<p><b>商业：安邦酿豆腐</b></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 &amp; 辣椒酱 煮法：蒸，炸，炆</p>	<p><b>COMMERCIAL: Ang-Pang Yong Tau Foo</b></p> <p>Exclusive Fish Paste Recipe Salted Fish &amp; Pork Paste [stuffed in assorted vegetables] Secret Recipe: Sweet Sauce &amp; Chili Sauce Cooking methods: Steam, deep-fry, pan-fry.</p>
<p><b>19 APRIL Fri</b> 2 pm \$70 TEACHER JEAN</p>	<p><b>新式创意养生糕点</b></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><b>LATEST CREATIVE &amp; HEALTHY SNACK SERIES</b></p> <p>Chocolate Almond Sponge Cookie Buckwheat Sesame Rice Cracker Fruit &amp; Veg Rice Cake</p>

<p><b>20 APRIL</b> <b>Sat</b> 2 pm \$60 ANNA <b>Easyway</b> 3.5 马力调理 机会员: <b>50% off!</b></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 <b>红豆茯苓莲子汤:</b> 利尿, 消水肿, 紧实提拉皱纹 <b>紫苏酵素水:</b> 提高免疫力; 杀菌</p>	<p><u><b>DELICIOUS BEVERAGE THERAPY</b></u>  <b>Japan's popular anti-aging &amp; slimming secret:</b> Burdock Tea <b>Anti-water-retention dessert:</b> Adzuki Fulin Gingko Nut Soup <b>Immunity Booster:</b> Shiso Leaf Enzyme Drink</p>
<p><b>22 APRIL</b> <b>Mon</b> 2 pm / 7pm \$50 ANNA <b>Easyway</b> 3.5 马力调理 机会员: <b>50% off!</b></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><b>ANTI TOP 3 HIGH'S - High Blood Sugar, High Blood Pressure, High Cholesterol</b></u> - 10 types of cholesterol lowering foods - 10 types of nutrients for a healthy heart  Pumpkin Vege Paste Enzyme Brown Rice Tea Energy Veg &amp; Fruit Juice Five Grain Cashew Nut Sweet Potato Milk Five Green Juice</p>
<p><b>23 APRIL</b> <b>Tue</b> 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><b>INDONESIAN SIGNATURE SNACKS</b></u> White QQ Otak Pem Pek Goreng [Fried Fish Ball] Pem Pek Lengang [Fish Cake Egg Wrap] Sweet &amp; Sour Chili Sauce Garlic Lemon Chili Sauce</p>
<p><b>24 APRIL</b> <b>Wed</b> 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><b>COMMERCIAL PAU SERIES – instant &amp; super soft!</b></u> Char Siew Pau Peach Pau Rabbit Red Bean Pau Sausage Roll Char Siew Making Lotus Flower Pau</p>
<p><b>26 APRIL</b> <b>Fri</b> 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><b>BUSINESS CLASS: CONGEE</b></u> Pork Bone Scallop Base Congee Dried Fish &amp; Peanut Pork Rib Congee Stewed Peanut Century Egg and meat Congee Bean Curd Sheet Gingko Nut Congee Chicken Mushroom Congee</p>
<p><b>27 MARCH</b> <b>Sat</b> 2 pm \$70 TEACHER JEAN</p>	<p><u>最新创意小点心&amp;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><b>LATEST CREATIVE COOKIE &amp; CAKE SERIES</b></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!**