

**JULY 2013 CLASS SCHEDULE**

6 July Sat 2pm \$75 Mrs Chee	<b>蛋糕经典</b> 芒果慕斯镜蛋糕 香兰加椰蛋糕 传统牛油蛋糕 (原味)	<b>Classic Cake Workshop</b> Mango Glaze Mousse Cake Pandan Kaya Cake Traditional Butter Cake (original flavor)
8 July Mon 2pm/7pm \$60 Anna  ***已买调 理机学生 学费:\$30	<b>养生课 体内大扫除</b> 饮食排毒法: (1)清除宿便蔬果汁 (2)超级排毒水 身体表面排毒法: 干刷身体法 刮舌苔  半日断食法 梅子、黄梨、酵素酿造法 已买调理机学生学费:\$30	<b>Ultimate Detox Nutrition Class</b> Colon Cleansing Green Juice Smoothie Super Detoxifying Water  <b>Skin Brushing Detox Method</b>  <b>Half-day Fasting Detox Method</b>  <b>Enzyme Making:</b> Ume Plum, Pineapple <b>Students purchased Juice Blender, class fees: \$30</b>
12 July Fri 2pm \$80 Anna ***已买调 理机学生 学费:\$40	<b>香港商业养生甜品</b> (抗老化,让您皮肤有光泽,亮丽) 杏仁糊 合桃糊 花生糊 芝麻糊  P.S: 已买调理机学生,学费:\$40	<b>Popular H.K Healthy Dessert</b> (Anti-Aging & Brighten & Beautify Your Skin) Almond Paste Walnut Paste Peanut Paste Black Sesame Paste Students with purchase of Juice Blender, class fee: \$40
17 July Wed 2pm \$120 Mrs Chee	<b>商业中秋月饼课程</b> 黑芝麻莲蓉月饼 潮州梅菜月饼 咖啡芝士冰皮月饼 教煮白莲蓉 教煮糖浆	<b>Commercial Moon Cake Series</b> Black Sesame and Lotus Paste Mooncake Teochew Mooi Choy Mooncake Coffee Cheese Mooncake White Lotus Paste Sugar Syrup Making
18 July Thurs 2pm \$120 Anna	<b>老福建名点</b> 扣肉包 荷叶包制作 (半月型) 老福建虾面 (干/汤三峇辣椒炒法)	<b>Traditional Hokkien Cooking</b> Stewed Pork Bun Lotus Leaf Bun Making Hokkien Prawn Mee (Dried/Soup Sambal Chilli)

20 July Sat 2pm \$60 Mdm Chee	<b>燕菜月饼</b> 咖啡芝士燕菜月饼 巧克力蛋黄燕菜月饼 蓝莓优格燕菜月饼	<b>Agar-Agar Moon Cake</b> Coffee Cheese Agar-Agar Chocolate Egg Yolk Agar-Agar Blueberry Yoghurt Agar-Agar
22 July Mon 2pm \$60 Anna  ***已买调 理机学生 学费:\$30	<b>养生课：活到 100 岁不痴呆的饮 食法</b> 什么食物触动你的长寿基因。 早餐、午餐、晚餐、该怎么吃。 在外面用餐时该怎样选择食物用餐 顺序。 <b>葡萄蔬果汁：维护血管柔软并稳 定血压</b> <b>美肌草莓香蕉豆奶：补充维生素 C、B6 及类黄酮</b> <b>预防失智症：葡萄蓝莓果汁***</b> <b>已买调理机学生,学费:\$30 (半价)</b> <b>P.S:</b> <b>Students with purchase of Juice Blender, class fees: \$30</b>	<b>Longevity &amp; Anti-Dementia Workshop</b> Discover the top anti-aging foods that promote long, healthy life!  - <b>Easy meals</b> for breakfast, lunch and dinner - <b>Golden rules</b> of choosing anti-aging foods when eating out  <b>Grape &amp; Greens Juice:</b> helps healthy blood pressure  <b>Youthful Skin Strawberry Banana Soy Shake:</b> high Vitamin C & B6 for strong immunity Grape & Blueberry Juice: boost memory
23 July Tue 2pm \$65 Mrs Chee	<b>人气娘惹糕 2</b> 糕哥瑞 槟城千层糯米加叻 槟城糕打南班兰	<b>Nonya Kueh Series 2</b> Kueh Ko-Swee Kueh Pulot Lhpis Serikaya(Penang) Kueh Talam Pandan(Pennag)
26 July Fri 2pm \$65 Mdm Chee	<b>Mdm Chee 糕系列</b> 北海道榴莲蛋糕 生日面线糕 烘印尼黄金糕	<b>Mdm Chee Kueh Series</b> Hakaido Durian Cream Cake Birthday Mee Sua Kueh Baked Indonesia Golden Kueh
27 July Sat 2pm \$80 Anna  已买调 理机学生,学 费:\$40	<b>优格 DIY</b> 自制豆奶优格&牛奶优格 <b>阳光疗法:</b> 1)优格亚麻油 DIY(可用于打果汁,沙 拉淋酱)-改善您体质 15 种症状,让您靚 丽健康!防癌,抗癌,防三高 2)超级排毒蔬果优格奶昔 <b>饭后:瘦身清肠啤酒酵母优格</b>  <b>P.S: 已买调理机学生,学费:\$40</b> <b>P.S: Students with purchase of Juice Blender, class fee: \$40</b>	<b>DIY Yoghurt</b> Yoghurt Making (Milk & Soya Milk) <b>Sunshine Therapy</b> 1) High Quality Flaxseed Oil DIY (Used in Blend & salad dressing) – Improve your body constitution and recover from 15 common health symptoms. Prevent high blood pressure/sugar/fat! 2)Super Detox Vege Fruit Yogurt <b>After Food:</b> Slimming Effect - cleanses intestines

**Enjoy \$5 discount for early booking. Call us at 6747 0069 or 6294 3588 now!**