

<p>08/11/14 Sat/星期六 2pm Fees: \$65 Jenny老师</p>	<p>让浪漫的秋天，吹起多变的戚风!</p> <p>1.黑糖姜味去湿气-Demo 2.原味戚风留传统-亲自动手做!</p>	<p><u>Let's this romantic Autumn have fun with CHIFFON !!!!</u></p> <p>1.Brown sugar Ginger Chiffon- get rid of body's coldness 2.Traditional Chiffon - Hands on</p>
<p>11/11/14 Tues/星期二 2pm Fees:\$60 Mdm Chee</p>	<p><u>传统点心 (潘老师推荐)</u></p> <p>白糖糕 (蜂窝组织) 粗叶糕 (客家, 粗叶有排毒功能) 快速叉烧包</p>	<p><u>Traditional Snacks (Recommended by Chef Anna)</u></p> <p>Sugar cake (like Bee Hive texture) Hakka Coarse leaf cake (helps in detox) <u>Roast Pork Bun (Fast setting method)</u></p>
<p>13/11/14 Thurs/星期四 2pm Fee:\$75 Mrs Lim奇奇老师</p>	<p><u>素食班 (生意课程)</u></p> <p>素大虾制作/炒斋米粉 斋米粉献汁/参巴辣椒 蚝油义烧 炒四季豆什素</p>	<p><u>Popular Vegetarian Business Course</u></p> <p>Vegetarian Deep Fried Crispy/Prawn Making Vegetarian Bee Hoon/Gravy Sambal Chilli Fried Oyster Char Siew Fried Mixed Vegetables</p>
<p>18/11/14 Tues/星期二 2pm Fee:\$55 Mdm Chee</p>	<p><u>经典糕点 (潘老师推荐)</u></p> <p>檳城打南糕 (上层浓浓椰浆味, 下层香兰味) 越南香叶QQ绿豆糕 青豆蛋糕</p>	<p><u>Classic Pastry (Recommended by Chef Anna)</u></p> <p>Penang Kueh Talen(top layer coconut milk , lower is pandan flavor) Vietnam fragrant leave QQ Green bean cake <u>Green Pea cake</u></p>
<p>19/11/14 Wed/星期三 2pm/7pm Fees:\$80 前十位报名者特价 :\$65 Anna Phua</p>	<p><u>佳节必备酵素饮料</u></p> <p>(帮助消化, 避免胃胀, 胃痛) 酿梅子酸柑酵素 (清热, 降火气, 利咽, 健胃, 消脂) 金桔柠檬汁 咸柠檬DIY (感冒, 喉咙痰饮品) 苏打金桔蜂蜜水 腌制咸金桔</p>	<p><u>Natural Enzyme Series</u></p> <p>(helps digestion,prevent bloating,stomach pain) Stuffed Plum Acid Orange Enzyme(heat,anger,pharynx,stomach,disappear fat) Kumquat Lemon Juice Salt and Lemon DIY(a cold,throat effect drinks) The Soda Kumquat Honey Water Candied Kumquat(snacks,do drink) Soda Calamansi Honey Drink Special Salted Lim</p>
<p>20/11/14 Thurs/星期四 2pm/7pm Fee:\$80 前十位报名者特价 :\$65 Anna Phua</p>	<p><u>日本最新酵素酿造法</u></p> <p><u>(酵素功能：加快新陈代谢, 抗氧化)</u></p> <p>三种酵素减重法 综合果酵素 黄梨酵素 乌梅山楂酵素 (消脂, 减重)</p>	<p><u>Japan's latest brewing enzymes</u></p> <p>(Enzyme Function: Speed up metabolism and prevent oxidation) Three kinds of enzymes weight loss method Assorted fruit enzymes Pineapple Enzyme Ebony Hawthorn enzymes (Eliminate fat,reduce weight)</p>

Atrix Blg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 tel:**6747 0069 or 6294 3588 or 90605747**

coyaku@yahoo.com.sg 欢迎登陆我们的网站：www.annascookingarts.com.sg

<p>24/11/14 Mon/星期一 2pm/7pm Fee:\$80 调理师会员:\$40 Anna Phua</p>	<p>香港商业养生甜品 (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>	<p><u>Popular H.K Healthy Dessert</u> (Anti-Aging & Skin-Brightening) Almond Paste Walnut Paste Peanut Paste Black Sesame Paste</p>
<p>25/11/14 Tues/星期二 2pm/7pm Fee:\$90 (Learn 1&2 at \$160) Anna Phua</p>	<p>著名海南咖喱饭(私房菜1) 海南咖喱鸡 海南什菜 海南猪扒 海南蕉叶盒椰丝白龟粿(超好吃馅料: 花生+芝麻+椰丝)</p>	<p><u>Famous Hainanese Curry Rice (Lesson 1)</u> Hainanese Curry Chicken Hainanese Chap Chye Hainanese Pork Chop Hainanese Banana Box White Ku Kueh (filling:coconut+peanut+sesame)</p>
<p>26/11/14 Wed/星期三 2pm/7pm Fee:\$50 现特价:\$18 Anna Phua</p>	<p>养生水疗法 喝水排毒最佳时间 水要怎样喝才能减肥 餐前喝水6大好处 怎样清洗蔬果,肉类重金属农药的残留 黑糖姜茶 (淡斑、去皱纹) 牛蒡茶 (排毒、降三高、抗老化) 红豆茯苓莲子甜点 (高钙、补血、利尿消水肿) 冷热柠檬汁减肥法</p>	<p><u>Delicious Beverage & Water Therapy</u> The Best Time To Drink Water For Detox. How To Drink Water To Lose Weight Six Benefits of drinking before Dinner How to wash fruits and vegetables and meat to get rid of pesticide residues of heavy metals Black Sugar Ginger Tea(Pale spot, anti-wrinkle) Burdock Tea ·Anti-Water-Retention Dessert Hot/ Cold slimming Lemon Juice</p>
<p>27/11/14 Thurs/星期四 2pm Fee:\$65 现特价:\$18 彬师傅简介如下)</p>	<p>彬师傅拿手好菜 特别辣椒蛋 色彩缤纷佳肴 香烤五花肉 鸳鸯鱼 清补药材鸡汤 十谷米养生羹</p>	<p><u>Chef Bin's Special Dishes</u> Chilli Egg Colourful rainbow dish Grilled belly pork Yean Yang Fish Traditional Herbal Chicken soup Ten Grain healthy soup</p>
<p>28/11/14 Fri/星期五 2pm Fee:\$65 Mrs Lim 奇奇老师</p>	<p>印度经典菜 (潘老师推荐) 风味印度香料饭 番茄参巴鸡 咖喱鱼</p>	<p><u>Popular India Classic Dishes</u> (Recommended by Chef Anna) Indian Spiced Rice Tomato Sambal Chicken Curry Fish</p>
<p>*12月课程* 3/12/14 Wed/星期三 2pm /7pm Fee:\$90 (Learn 1&2 at \$160)</p>	<p>著名海南咖喱饭(私房菜2) 扣肉 参峇苏东 咖喱什菜 冬菜肉圆</p>	<p><u>Popular Hainanese Curry Chicken Rice(2)</u> Stewed Pork "Kon Bak" Sambal Sotong Curry Chap Chye Steam 'Tong Chye' Meat Ball</p>

Anna Phua		
<p>*12月课程* 4/12/14 Thurs/星期四 2pm/7pm Fee:\$60 调理师会员：\$30 Anna Phua</p>	<p>瘦身美人餐 (午餐) 芦笋浓汤(高纤瘦身, 增加肠道有益菌) 彩虹蔬菜沙拉饭(高能量, 有助于新陈代谢) 高酵素甜菜苹果泡菜 (帮助消化, 保肝, 降血脂血糖,助消化)</p>	<p><u>Slimming Beauty meal (Lunch)</u> Asparagus shoot soup (helps high fiber,weight loss, increase intestinal bacteria) Rainbow vegetable salad rice(High energy, helps metabolism) High enzyme beet root apple (help digestion,protect liver, lower fat and blood sugar, help digestion)</p>
<p>*12月课程* 6/12/14 Sat/星期六 2pm Fee:\$80 调理师会员：\$35 Anna Phua</p>	<p>2天蔬果清肠法 (净化肠道, 排宿便, 瘦小腹) 1.潘老师早上蔬果汁 2.双莓活菌能量饮料 (抗自由基) 3.牛油果奶昔(肠道大清除) 4.菠菜香蕉汁 5.南瓜糙米豆浆 (復食)</p>	<p><u>2 days of fruits and vegetables cleaning</u> (Purification of intestinal, discharge of impurities) 1. Chef Anna's Breakfast Juice 2. Berries Energy drink (against free radicals) 3. Avocado shake (Clean intestinal) 4. Spinach banana smoothie 5. Pumpkin brown rice soya bean milk</p>

提前三天报名者享有\$5折扣 Enjoy \$5 discount for early booking
6747 0069 or 6294 3588 or 90605747 to book your course now!!!

彬师傅简介:

- (1)雪洁的明星厨神
- (2)大马著名饮食杂志Y3K的厨师
- (3)大马“爱FM”电台节目“DJ爱美食”的嘉宾厨师
- (4)“爱FM”电台节目“男能可贵”曾专访彬师傅
- (5)曾与大马美食界名人“阿顺哥”、“施文德师傅”以及“包王李振德”同台表演厨艺

好消息:

亲爱的学员朋友, 现我校代卖验血报告券, 只需100元/张, 比市场价优惠很多, 并且由专业人士为您详细分析身体各个器官状况, 让您全面了解您的健康情况! 数量有限, 售完为止, 欢迎购买!

Dear friends, you can now purchase Blood Test vouchers worth \$100 per voucher [very much cheaper than the market rate] for a thorough health analysis conducted by professional health analysts. Limited vouchers. Get yours