

**Valerie Teo Teacher 3pm-5pm \$ 59**

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

**June 2014 CLASS SCHEDULE (Tel: [67470069](tel:67470069), 62943588)**

**7 JUNE, SATURDAY**

**NUT BUTTER 101**

**Pleasure with Extra Benefits**

Blissfully free from flour, processed sugar, gluten and dairy.

CREAMY - DELICIOUS - NOURISHING - SUPER EASY

**Banana & Better Than Skippy Peanut Butter Bites**

**Apple & Cinnamon Almond Nut Butter**

**Vanilla Cashew Nut Butter**

**Maple Sunflower Seed Butter**

**10 JUNE TUESDAY**

**WHOLESOME WEEKEND PICNIC BASKET**

6 Make Ahead Delicious Recipes for  
friends and Family

[details of recipes will be announced on GoodFoodHeals Facebook page]

**24 JUNE TUESDAY**

**MIDSUMMER'S CAFE**

**Pleasure with Extra Benefits**

Blissfully free from flour, processed sugar, gluten and dairy.

**Strawberry Fields Cupcake with Pink Icing**

**Chocolate Cup with Avocado Whip**

**Green Tea Adzuki Frappucino**

**Chai Latte Frappucino**

**Chocolate Lover's Mocha**

**28 JUNE SATURDAY**

**THE SWEET TOOTH'S CANDY SHOP**

**Pleasure with Extra Benefits**

Blissfully free from flour, processed sugar, gluten and dairy.

**4 Ingredient Sour Gums**

**4 Ingredient Marshmallow**

[high quality protein + collagen for gorgeous skin, hair and nails]

[gelatin - supports healing of digestive disorders + strengthens colon]

**Superfood Angel Brownie**

**Candied Apple with Better Than Nuttella Nuttela**

Anna's Cooking Arts [Facebook Page] + [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg)

[coyaku@yahoo.com.sg](mailto:coyaku@yahoo.com.sg)

Address: Atrix at Aljunied (opp Aljunied Mrt ) 82 Lorong 23 Geylang #01-03 Singapore 388409

tel: 62943588, 67470069.