

<p>9.11.16 星期三/ Wed 2pm</p> <p><b>学费 : \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>兴化经典</u></b></p> <p>兴化白卤面(打面) 甜品:炒芋头酥 特制辣椒酱</p>	<p><b><u>Heng Hua Classic</u></b></p> <p>Heng Hua White 'Lor Mee' Heng Hua Dessert-Fried Crispy Yam Special Chili Sauce</p>
<p>10.11.16 星期四/Thur 2pm</p> <p><b>学费 : \$75</b></p> <p><b>Mrs Chee</b></p>	<p><b><u>新年饼干</u></b></p> <p>芒果巧克力瓜子饼 马铃薯牛油饼 (入口即化) 奇亚籽香橙饼 澳门杏仁饼</p>	<p><b><u>Special New Year Cookies</u></b></p> <p>Mango Chocolate Cookies Potato Butter Cookies (soft taste) Chia Seed White Chocolate Cookies Macao Almond Cookies</p>
<p>12.11.16 星期六/ Sat 2pm</p> <p><b>学费 : \$80</b></p> <p><b>杨晓丽老师</b></p>	<p><b><u>DIY 天然手工肥皂唇膏制作</u></b></p> <p>手工肥皂 天然唇膏 (可用作洗脸、卸妆及沐浴)  *学费包括香皂材料及制作模具</p>	<p><b><u>DIY Natural Handmade Soap Lipstick</u></b></p> <p>Handmade Soap Natural Lipstick (for washing face, makeup remover, bathing) *Fees include ingredients and mould</p>
<p>15.11.16 星期二/Tue 2pm</p> <p><b>特价 : \$10</b></p> <p><b>嘉雯老师(Olivia)</b></p>	<p><b><u>嘉雯老师拿手好菜</u></b></p> <p>蒜米花肉 酒蒸糯米香饭 海鲜炒木瓜西芹 五色彩豆羹</p>	<p><b><u>Good Dishes by Chef Jiawen</u></b></p> <p>Garlic Streaky Pork Steamed Glutinous Rice with Wine Seafood Fried Papaya Celery 5 Colors Bean Soup</p>
<p>21.11.16 星期一/Mon 2pm</p> <p><b>特价 : \$18</b></p> <p><b>彬师傅 (Chef Ben)</b></p>	<p><b><u>彬师傅拿手好菜</u></b></p> <p>竹报平安-竹笋 年年有余-鱼 节节高升-虾 丰衣足食-鸡 年年益寿-十谷米养生餐</p>	<p><b><u>Special Dishes by Chef Ben</u></b></p> <p>Bamboo reported safety- Bamboo Shoot Year by Year Enough- Fish Step Raising- Prawn Enough Food and Clothing- Chicken Live Longer- Whole Grain Healthy Food</p>

23.11.16 星期三/Wed 2pm  <b>学费 : \$85</b>  <b>潘秀霞老师</b> <b>Anna Phua</b>	<b><u>自家制/潮州肉丸/鱼饺</u></b>  虾鱼饺 肉鱼饺 蔬菜卷饺 马蹄肉丸 冬菜肉丸 冬菇肉丸	<b><u>Teo Chew Fish Skin Dumpling &amp; Meat Ball</u></b>  Prawn Fish Dumpling Pork Fish Dumpling Vegetables Fish Roll Dumpling Water Chestnut Meat Ball "Tang Chye" Meat Ball Mushroom Meat Ball
24.11.16 星期四/Thur 2pm  <b>学费 : \$80</b>  <b>Mrs Chee</b>	<b><u>新年糕饼</u></b>  黄梨饼 (娘惹式) 黄梨饼 (做黄梨型) 台湾凤梨酥 煮黄梨馅	<b><u>Evergreen New Year Biscuits</u></b>  Pineapple Biscuit (Nonya) Pineapple Biscuit (Pineapple shape) Taiwan Pineapple Tart Pineapple Filling Method
25.11.16 星期五/Fri 2pm  <b>Fees : \$80</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>特价: \$38</b></div>  <b>潘秀霞老师</b> <b>Anna Phua</b>	<b><u>每天一杯疗愈蔬果汁</u></b>  <b>早晨第一杯排毒奶昔</b> (排出食物的废物) <b>高 C 高纤维柠檬汁</b> (减肥、清肠) <b>帮助消化蔬果汁</b> (帮助代谢体内的毒素) <b>凤梨木瓜汁</b> (可分解不容易消化的肉类蛋白质, 并帮助燃烧脂肪)	<b><u>A Cup of Healing Vegetable Juice</u></b>  <b>The First Morning Cup of Detox Smoothie</b> (expel food of waste) <b>High C High Fiber Lemon Juice</b> (lose weight, clear intestines) <b>Helps Digestion Vegetable Juice</b> (helps metabolism of toxins in the body) <b>Pineapple Papaya Juice</b> (breaks down that not easily digested meat protein, and helps burn fat)
26.11.16 星期六/Sat 2pm <b>Fees: \$75</b>  <b>Mrs Chee</b>	<b><u>新年饼干</u></b>  薯片核桃芝士饼 南瓜子杏仁脆饼 南乳五香蒜饼 咸蛋黄龙饼	<b><u>Popular New Year Cookies</u></b>  Savoury Potato Chip Cheese Cookies Pumpkin Seed Crispy Cookie Nan Yee Garlic Biscuits Salted Egg Yolk Dragon Biscuits

29.11.16 星期二/Tue 2pm <b>Fees : \$90</b>  <b>潘秀霞老师</b> <b>Anna Phua</b>	<b>潘老师养生私房菜</b>  红糟酒 DIY 传统酿造 30 天 最新酿造 7 天 红糟鸡面线 红糟排骨	<b>Hock Chew Tradition Cooking</b>  Fermented Red Braised Meat- Wine Making Traditional Brewing 30 Days Latest Brewing Method 7 Days Red Braised Chicken Mee Sua Fermented Red Wine Braised Pork Ribs
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## 十二月新课程 by Chef Anna Phua

### 最夯海鲜白米粉 – Most "In-thing" seafood White Hoon

- 商业峇拉煎辣椒 – Business Ba chilli
- 上汤煮法 – Special soup making
- 总调味酱调法 – Seasoning paste making
- 猪油渣炸法 - Pig's oil frying method

(配料：花蚧、花啦啦、虾、虾婆- Flower Crab, Flower Lala, Prawn, Gray fish

**学费：\$180**

**开课日期：暂定 14/12/16 Wednesday 2pm&7pm**

**PS：请预先报名，每班最少 15 人才会开课**

**上课地址：Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03  
Singapore 388409**

**报名热线：67470069 / 62943588 / 90605747**

## Flora Sante' October Time Table

<p>08.11.16 星期二/Tue 2pm</p> <p><b>原价 : \$80</b> <b>特价 : \$18</b></p> <p><b>潘秀霞老师</b> <b><u>Anna Phua</u></b></p>	<p><b><u>七天快瘦顺肠法</u></b> (不便秘、不发胖、肠道大扫除)</p> <p>早、午、晚该怎样吃？</p> <p><b>早餐：</b>早晨一杯顺肠优格蔬果汁 <b>午餐：</b>日式芋头白果饭           胡萝卜味增汤 <b>晚餐：</b>全营养彩虹沙拉</p>	<p><b><u>7 Days Fast Thin Smooth Method</u></b> (helps constipation, lower fats, intestinal cleaning)</p> <p>How to prepare 3 healthy meals every day?</p> <p><b>Breakfast:</b> A Morning Cup of Smooth Yoghurt Vegetable Juice <b>Lunch:</b> Japanese Yam Gingko Rice           Carrot Miso Soup <b>Dinner:</b> Full Nutrition Rainbow Salad</p>
<p>11.11.16 星期五/Fri 2pm</p> <p><b>Fee: \$60</b> <b>特价: \$18</b></p> <p><b>潘秀霞老师</b> <b><u>Anna Phua</u></b></p>	<p><b><u>养出好脑力</u></b></p> <p>●大蒜油 DIY (提升记忆力、改善失智症、预防脑中风、改善三高、预防痛风、防癌、预防感冒、胃病) ●黑醋油沾面包 ●洋葱沙拉 ●马铃薯沙拉 ●包菜丝海苔沙拉</p>	<p><b><u>A Good Mental and Memory Diet</u></b></p> <p>●Garlic Oil DIY (enhances memory, prevents dementia, stroke, 3 highs', gout, cancer, cold and stomach trouble) ●Black Vinegar Oil Dip Bread ●Onion Salad ●Potato Salad ●Shredded Cabbage Seaweed Salad</p>
<p>18.11.16 星期五/Fri 2pm</p> <p><b>Fee: \$80</b> <b>特价:\$28</b></p> <p><b>Yuko 老师&amp;</b> <b>潘秀霞老师</b></p>	<p><b><u>天然发酵食品</u></b> (不老仙丹)</p> <p>DIY 发酵有机味增 (提升免疫力) 四色蔬菜棒 特制味增牛油果沙拉酱</p> <p><b>味增：</b>非常丰富 B 群，维生素 E，大豆异黄酮、卵磷脂及膳食纤维</p> <p><b>功效：</b>抗癌、抗老化、抗自由基，预防骨质酥松症，肝脏排毒</p> <p>*每班只限 20 人 (每位可以制作 500 克味增带回家)</p>	<p><b><u>Natural Fermented Food</u></b> (forever young- secret diet) DIY Fermented Organic Miso (enhances immunity) 4 Colors Vegetable sticks Special Miso Avocado Salad Sauce <b>Miso:</b> rich in vitamin B, vitamin E, soybean isoflavone, lecithin and dietary fiber</p> <p><b>Benefits:</b> prevent cancer, anti-aging, anti-free radical, prevent osteoporosis, liver detoxification</p> <p>*Limit 20 persons per class (each person can make 500gm miso and bring home.)</p>

## Flora Sante' October Time Table

<p>19.11.16 星期六/Sat 11am-1pm</p> <p><b>特价:\$18</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>战胜糖尿病</u></b></p> <p>怎样吃对稳定血糖值最有效？ 如何设计病患专属糖尿饮食？ 外食族如何控制血糖？</p> <p>掌握 5 大饮食关键 示范：2 种有效降糖天然菜饮 DIY 2 道高酵素降血糖、净血蔬果汁</p> <p><b><u>天天降血糖好饮：</u></b> 黄瓜草莓果昔 红萝卜蔬果汁 枸杞麦冬茶 牛蒡枸杞茶</p>	<p><b><u>Winning Battle against Diabetes</u></b></p> <p>How to eat the most effective on the stability of blood sugar? How to design an exclusive diet for diabetes? How to control blood sugar who eat out? Master the key to the 5 diet</p> <p><b>Demo:</b> 2 kinds of natural vegetable DIY drink effective for lowering blood sugar 2 high enzymes which lower blood sugar and cleanse blood -fruit vegetable juice</p> <p><b><u>Lower Blood Sugar healthy Drink:</u></b> Cucumber Strawberry Smoothie Carrot Vegetable Fruit Juice Wolfberry Ophiopogon Tea Burdock Wolfberry Tea</p>
<p>21.11.16 星期一/Mon 2pm</p> <p><b>特价:\$18</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>三天断糖排毒法</u></b></p> <p>不挨饿、不断食、轻松达到延缓老化，改善高血压、糖尿病、痛风、活化脑部，消除忧郁，预防失智症、瘦身、美肌</p> <p>怎样吃最有效？ 外食者如何选择三餐？ 哪一餐断糖最有效？</p> <p><b>早餐：</b>排毒精力汤 <b>午餐：</b>味增关东煮根茎蔬菜汤 <b>晚餐：</b>和风凉拌鸡丝沙拉</p>	<p><b><u>3 Days No Sugar Detoxification Method</u></b></p> <p>No Hunger, no food fasting, Relax anti-aging Prevent 3 highs, diabetes, gout Mental alertness, calm mood, prevent dementia, slimming, improves skin</p> <p>How to eat the most effective? How to choose 3 meals for people who eat out? Which meal that fast sugar is the most effective?</p> <p><b>Breakfast:</b> Detoxification energy Soup <b>Lunch:</b> Miso Oden Root Vegetable soup <b>Dinner:</b> Wafu Shredded Chicken Salad</p>

## Flora Sante' October Time Table

22.11.16 星期二/Tue 2pm  <b>Fee: \$80</b> <b>特价:\$28</b>   <b>Yuko 老师&amp; 潘秀霞老师</b>	<b><u>天然发酵食品</u></b> (不老仙丹)  DIY 发酵有机味噌 (提升免疫力) 四色蔬菜棒 特制味噌牛油果沙拉酱  <b>味噌</b> : 非常丰富 B 群, 维生素 E, 大豆异黄酮、卵磷脂及膳食纤维  <b>功效</b> : 抗癌、抗老化、抗自由基, 预防骨质酥松症, 肝脏排毒 *每班只限 20 人 (每位可以制作 500 克味噌带回家)	<b><u>Natural Fermented Food</u></b> (Forever young - secret diet) DIY Fermented Organic Miso (enhance immunity) 4 Colors Vegetable sticks Special Miso Avocado Salad Sauce <b>Miso</b> : rich in vitamin B, vitamin E, soybean isoflavone, lecithin and dietary fiber  <b>Benefits</b> : prevent cancer, anti-aging, anti-free radical, prevent osteoporosis, liver detoxification *Limit at 20 persons per class (each person can make 500gm miso and bring home.)
30.11.16 星期三/Wed 2pm  <b>Fee: \$80</b> <b>特价:\$38</b>   <b>潘秀霞老师 Anna Phua</b>	<b><u>轻食美人沙拉</u></b> (瘦身、清肠、消脂)  <b>自家制沙拉酱 (健康美味)</b> ·豆付沙拉酱 ·奇异果沙拉酱 ·南瓜沙拉酱 ·千岛沙拉酱 ·华尔道夫沙拉 ·番薯核桃沙拉 ·青蔬蔬沙拉	<b><u>Anti-aging &amp; Slimming Salad</u></b> <b>(Slimming, cleanse intestine, reduces fats)</b> <b>Homemade Salad Sauce (healthy sauces)</b> ·Tofu Salad Sauce ·Kiwi Salad Sauce ·Pumpkin Salad Sauce ·Thousand Island Salad Sauce ·Wafu Salad ·Sweet Potato Walnut Salad ·Green Vegetable Salad

**\*人体免疫力让我们免受病原菌攻击，即使不小心生病也会努力恢复健康，而 70%的免疫力全由肠道掌控！**

**请预先报名，每班限 30 人！**

**上课地址 : Wisma Atria, 435 Orchard #16-03 Singapore 238877  
( lift is on the main road, opp Lucky's Plaza)**

**报名热线 : 67470069 / 62943588 / 90605747**