

<p>07.12.16 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>新年年糕</u></b></p> <p>娘惹金瓜糕 (失传的超好吃口味) 软 Q 芋头糕 三峇辣椒酱 干贝腊肉萝卜糕 H.K "碗仔"萝卜糕(免费讲议)</p>	<p><b><u>New Year Cake</u></b></p> <p>Nonya Pumpkin Kueh (lost art, delicious) Soft Q Yam Cake Sambal Chilli Sauce Dried Scollop Radish Cake H.K "Bowl Radish Cake (Bonus recipe)</p>
<p>08.12.16 星期四/Thur 2pm</p> <p><b>学费 : \$130</b></p> <p><b>Mrs Chee</b></p>	<p><b><u>商业松脆秘制饼干</u></b></p> <p>商业松饼秘制粉 DIY 预拌饼干粉</p> <p>原味月亮酥饼 芝士蛋黄酥饼 黑芝麻蛋黄饼 抹茶南瓜籽酥饼 杏仁蛋黄酥 蔓越莓酥饼</p>	<p><b><u>Commercial Secret Crispy Cookie</u></b></p> <p>Secret Commercial Pancake Flour DIY Pre-cookie Flour</p> <p>Original Moon Cookie Cheese Egg Yolk Moon Cookie Black Sesame Yolk Cookie Matcha Pumpkin Seeds Moon Cookie Almond Egg Yolk Moon Cookie Cranberry Egg Yolk Moon Cookie</p>
<p>10.12.16 星期六/Sat 2pm</p> <p><b>学费 : \$80</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>失传娘惹糕饼</u></b></p> <p>外脆内松“粿不嚙” 粿乃吉 香港角仔 (花生酱)</p>	<p><b><u>Nonya New Year Cookies</u></b></p> <p>Kueh Bura Kueh Bang kit H.K Peanut Puff</p>
<p>12.12.16 星期一/Mon 2pm</p> <p><b>学费 : \$80</b></p> <p><b>Mrs Chee</b></p>	<p><b><u>新年饼干</u></b></p> <p>核桃麦片脆饼 朱古力麦片饼 葡萄豆饼 粟片牛油饼</p>	<p><b><u>New Year Cookies</u></b></p> <p>Muesli Walnut Crunchy Cookies Chocolate Cereal Cookies Cashew nut Raisin Cookies Cornflakes Batter Cookies</p>

<p>14.12.16 星期三/Wed 2pm/7pm</p> <p><b>Fees : \$180</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>最夯海鲜白米粉</u></b></p> <ul style="list-style-type: none"> <li>●商业峇拉煎辣椒</li> <li>●上汤煮法</li> <li>●总调味酱调法</li> <li>●猪油渣炸法</li> </ul> <p>(配料：花蚧、花啦啦、虾、虾婆)</p> <p><b>*14/12/16, 2pm 名额已满, 11/1/17 开第二班, 可以报名</b></p>	<p><b><u>Most “In-thing” seafood White Hoon</u></b></p> <ul style="list-style-type: none"> <li>- Business Balachan chili</li> <li>- Special soup making</li> <li>- Seasoning paste making</li> <li>- Pig's oil frying method</li> </ul> <p>(Flower Crab, Flower Lar lar, Prawn, Gray fish)</p> <p><b>*14/12/16, 2pm is full, 11/1/17 can register.</b></p>
<p>15.12.16 星期四/Thur 2pm</p> <p><b>学费 : \$80</b></p> <p><b>Mrs Chee</b></p>	<p><b><u>新年饼干</u></b></p> <p>脆辣虾米曲奇 小鸡蛋粒 炸蜂巢饼 圈圈马鲁古 (印度)</p>	<p><b><u>New Year Cookies</u></b></p> <p>Hot Spicy Cookies Kueh Bahulu Honey Comb Cookies Maluku</p>
<p>17.12.16 星期六/Sat 2pm</p> <p><b>Fees: \$150</b> <b>特价 : \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>潘老师私房菜</u></b></p> <p>香脆鸡蛋酥 意大利开心果薄饼</p>	<p><b><u>Anna's Secret Recipe</u></b></p> <p>Crispy Egg Cookies (Dome shape) Italian Chocolate Nut Biscotti</p>
<p>19.12.16 星期一/Mon 2pm</p> <p><b>学费 : \$90</b></p> <p><b>Mrs Chee</b></p>	<p><b><u>新年蛋糕</u></b></p> <p>黑枣千层蛋糕 黑枣巧克力蛋糕 蔓越莓蛋白千层蛋糕</p>	<p><b><u>New Year Cake</u></b></p> <p>Prunes Lapis Prunes Chocolate Cake Cranberry Egg White Lapis</p>

**Atrix Blg (opp Aljunied MRT)**

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

Email: [coyaku@yahoo.com.sg](mailto:coyaku@yahoo.com.sg) 欢迎登陆我们的网站: [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg)

<p>21.12.16 星期三/Wed 2pm <b>Fees : \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>鱼丸制作 (新年火锅配料)</u></b></p> <p>福州包馅鱼丸 福州蒸燕饺 炸燕饺 潮洲纯鱼肉鱼丸 / 鱼饼</p>	<p><b><u>Anna's Commercial Class</u></b></p> <p>Hock Chew Fish Ball Hock Chew Dumpling Deep Fried Dumpling Teochew Fish Ball Teochew Meat Ball / Fish Cake</p>
<p>27.12.16 星期二/Tue 2pm <b>学费 : \$100</b></p> <p><b>Mrs Chee</b></p>	<p><b><u>新年蛋糕</u></b></p> <p>印尼千层蛋糕 千层蛋白蜜糖蛋糕 核桃巧克力米蛋糕</p>	<p><b><u>Popular Lapis Cake</u></b></p> <p>Indonesian Lapis Cake Egg White Lapis Cake Walnut Chocolate Cake</p>
<p>28.12.16 星期三/Wed 2pm <b>Fees : \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>客家名菜</u></b></p> <p>黄酒制作 黄酒子姜鸡煲 蒸醉鸡</p>	<p><b><u>Popular Hakka Cooking</u></b></p> <p>Traditional Yellow Wine Making Clay pot Chicken Wine Soup Steam Drunken Chicken</p>
<p>29.12.16 星期四/Thur 2pm <b>Fees : \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>香港人气步步高升年糕</u></b></p> <p>桂花 杞子水晶果冻 黄金桂花马蹄年糕 紫米椰汁年糕 红豆椰汁年糕</p>	<p><b><u>Popular H.K Prosperity Dessert</u></b></p> <p>Osmanthus Wolfberry Crystal Jelly Golden Osmanthus Water Chestnut Jelly Purple Rice Coconut Milk Jelly Red Bean Coconut Milk Jelly</p>

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

**报名热线 : 67470069 / 62943588 / 90605747 (10.30am~7.30pm)**

## Flora Sante' December Time Table

<p>03.12.16 星期六/Sat 11am-1pm</p> <p><b>Fees : \$80</b> <b>特价 : \$18</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b>最新：超赞的蔬果汁减肥法</b> 潘老师分享怎么营养的“喝瘦”自己： 【5天蔬果汁喝法----早晨一杯就搞定！】</p> <ol style="list-style-type: none"> <li>1.排毒蔬果汁-清除体内的“负担”。</li> <li>2.消水肿蔬果汁-排出体内的“积水”状况。</li> <li>3.分散“坏”脂肪蔬果汁-缩小体内脂肪细胞积累。</li> <li>4.修补消化系统蔬果汁-恢复最佳消化功能。</li> <li>5.修复提升新层代谢蔬果汁-培养健康的苗条体质。</li> </ol>	<p><b>Healthy Slimming- Fruit &amp; Vegetable Juicing</b></p> <p>Anna shares how to have right way to juice to achieve a slimming body: [The 5 Day 1 Breakfast Juice Method]</p> <ol style="list-style-type: none"> <li>1.Detox – to clear the toxins that clog up your digestive system</li> <li>2.Solves Water Retention - expel excess body's water</li> <li>3.Blast Fat - increase fat metabolism and reduce stubborn cellulite</li> <li>4.Recover Digestive System - restore optimum digestive abilities of your body</li> <li>5.Strengthen Metabolism - cultivate a body that is weight-gain-resistant</li> </ol>
<p>06.12.16 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>Anna Phua</b></p>	<p><b>养生课：健康养生餐（午餐）</b></p> <ul style="list-style-type: none"> <li>·芝麻酱凉面</li> <li>·自制花生味豆腐</li> <li>·自制芝麻酱</li> <li>·山药地瓜浓汤</li> </ul>	<p><b>Delicious Healthy Lunch Meal Course</b></p> <p>Sesame Sauce Cold Noodle Home-made Peanut Paste Tofu Home-made Sesame Paste Mountain Yam Sweet Potato Chowder</p>
<p>09.12.16 星期五/Fri 2pm</p> <p><b>原价 : \$80</b> <b>特价 : \$18</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b>这样吃降尿酸，排痰风</b> 尿酸是生命代谢活动的残渣，如果在身体累积太多，就会引发痰风。痰风的并发症有：肥胖，三高，糖尿病等</p> <p>一天喝多少水？ 什么食材可以有效控制尿酸值？ 避免摄取哪些高普林的食材？ 如何正确食用三餐？ 治好痰风的简单方法</p> <p>早餐：五青蔬菜汁 午餐：五行全麦汤面 晚餐：蒟蒻糙米饭           蛤蜊味噌汤 全日喝椰水青木瓜茶</p>	<p><b>Lower Uric Acid and Expel Gout Diet</b></p> <p>Uric acid is the residue of metabolism. If accumulated too much, will cause gout. Resulted in: obesity , high blood pressure, high blood sugar, high cholesterol</p> <p>How much water to drink everyday Food which can control uric acid effectively. What kind of food to avoid ? How to eat your daily correctly? The easy way to treat gout.</p> <p><b>Breakfast:</b> Five Green Vegetables Juice <b>Lunch:</b> Multi Benefits Whole Wheat Noodle in soup. <b>Dinner:</b> Konjac Brown Rice ,Clam Miso Soup Drink Coconut Water Green Papaya Tea Whole Day</p>

## Flora Sante' December Time Table

<p>13.12.16 星期二/Tue 2pm <b>原价：\$80</b> <b>特价：\$18</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>养生课：活到 100 岁不痴呆的饮食方法</u></b></p> <p>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。</p> <p><b><u>葡萄蔬果汁</u></b>：维护血管柔软并稳定血压 <b><u>美肌草莓香蕉豆奶</u></b>：补充维生素 C、B6 及类黄酮 <b><u>预防失智症</u></b>：葡萄蓝莓果汁***</p>	<p><b><u>Longevity &amp; Anti-Dementia Workshop</u></b></p> <p>Discover the top anti-aging foods that promote long, healthy life! - <b><u>Easy meals</u></b> for breakfast, lunch and dinner - <b><u>Golden rules</u></b> of choosing anti-aging foods when eating out <b><u>Grape &amp; Greens Juice</u></b>: helps healthy blood pressure <b><u>Youthful Skin Strawberry Banana Soy Shake</u></b>: high Vitamin C &amp; B6 for strong immunity Grape &amp; Blueberry Juice: boost memory</p>
<p>16.12.16 星期五/Fri 2pm <b>原价：\$80</b> <b>特价：\$18</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>台湾最 IN 地瓜祛病减肥法</u></b></p> <p>地瓜的营养成份 地瓜基本吃法 地瓜减肥法（一个月瘦 5 公斤） 地瓜断食法</p> <p><b>地瓜改善以下症状</b></p> <ol style="list-style-type: none"> <li>1.便秘</li> <li>2.使血液循环变好</li> <li>3.消除腰痛</li> <li>4.促进新陈代谢</li> <li>5.降血糖/血压</li> <li>6.提高肝功能</li> <li>7.排出体内的老旧废物</li> </ol> <p>日式金瓜/地瓜优格沙拉 地瓜苹果凤梨奶昔 烤地瓜 蜂蜜芝麻 黄金地瓜豆浆</p>	<p><b><u>Popular Taiwan Sweet potato lose weight</u></b></p> <p>Nutrition facts about sweet Basic Diet Method Potato Sweet Potato Diet Method Sweet Potato Fasting Method Sweet Potato Supports the Healing of These</p> <p><b><u>Helps in</u></b></p> <ol style="list-style-type: none"> <li>1.Constipation</li> <li>2.Poor Blood Circulation</li> <li>3.Back Pain</li> <li>4.Metabolism</li> <li>5.Blood Sugar/Pressure</li> <li>6.Liver Detox</li> <li>7.Detox</li> </ol> <p>Japanese Pumpkin/Yogurt salad Sweet Potato Apple Pineapple smoothie Roasted Sweet Potato Honey Sesame Drink Golden Sweet Potato Soy Milk</p>

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<p>20.12.16 星期二/Tue 2pm 原价 : \$80 特价 : \$18</p> <p>潘秀霞老师 Anna Phua</p>	<p><b>十谷米浆长寿瘦身法</b></p> <p>十谷米浆 (抗氧化,清肠,排毒,强化骨骼,帮助消化,改善便秘) 十谷粥 三天黑豆浆减肥法 美白薏仁浆 (浅化斑,利尿,消除肝火)</p>	<p><b>Wholegrain Beauty &amp; Slimming Workshop</b></p> <p>Whole Grain Paste (Anti-oxidant, cleanses intestine, regulates blood circulation, treats constipation) Whole Grain Porridge 3 day Black Soy Bean (for slimming) Whitening Barley Paste (helps liver, skin pigmentation and urinary tract)</p>
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\*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)*

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