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| <p>07.12.16<br/>星期三/Wed<br/>2pm</p> <p><b>学费 : \$85</b></p> <p><b>潘秀霞老师</b><br/><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)<br/>软 Q 芋头糕<br/>三峇辣椒酱<br/>干贝腊肉萝卜糕<br/>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)<br/>Soft Q Yam Cake<br/>Sambal Chilli Sauce<br/>Dried Scollop Radish Cake<br/>H.K "Bowl Radish Cake (Bonus recipe)</p>   |
| <p>08.12.16<br/>星期四/Thur<br/>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<br/>DIY 预拌饼干粉</p> <p>原味月亮酥饼<br/>芝士蛋黄酥饼<br/>黑芝麻蛋黄饼<br/>抹茶南瓜籽酥饼<br/>杏仁蛋黄酥<br/>蔓越莓酥饼</p> | <p><b><u>Commercial Secret Crispy Cookie</u></b></p> <p>Secret Commercial Pancake Flour<br/>DIY Pre-cookie Flour</p> <p>Original Moon Cookie<br/>Cheese Egg Yolk Moon Cookie<br/>Black Sesame Yolk Cookie<br/>Matcha Pumpkin Seeds Moon Cookie<br/>Almond Egg Yolk Moon Cookie<br/>Cranberry Egg Yolk Moon Cookie</p> |
| <p>10.12.16<br/>星期六/Sat<br/>2pm</p> <p><b>学费 : \$80</b></p> <p><b>潘秀霞老师</b><br/><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”<br/>粿乃吉<br/>香港角仔 (花生酱)</p>  | <p><b><u>Nonya New Year Cookies</u></b></p> <p>Kueh Bura<br/>Kueh Bang kit<br/>H.K Peanut Puff</p>  |
| <p>12.12.16<br/>星期一/Mon<br/>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<br/>朱古力麦片饼<br/>葡萄豆饼<br/>粟片牛油饼</p>  | <p><b><u>New Year Cookies</u></b></p> <p>Muesli Walnut Crunchy Cookies<br/>Chocolate Cereal Cookies<br/>Cashew nut Raisin Cookies<br/>Cornflakes Batter Cookies</p>   |

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| <p>14.12.16<br/>星期三/Wed<br/>2pm/7pm</p> <p><b>Fees : \$180</b></p> <p><b>潘秀霞老师</b><br/><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<br/>星期四/Thur<br/>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<br/>小鸡蛋粒<br/>炸蜂巢饼<br/>圈圈马鲁古 (印度)</p>  | <p><b><u>New Year Cookies</u></b></p> <p>Hot Spicy Cookies<br/>Kueh Bahulu<br/>Honey Comb Cookies<br/>Maluku</p>   |
| <p>17.12.16<br/>星期六/Sat<br/>2pm</p> <p><b>Fees: \$150</b><br/><b>特价 : \$85</b></p> <p><b>潘秀霞老师</b><br/><b>Anna Phua</b></p> | <p><b><u>潘老师私房菜</u></b></p> <p>香脆鸡蛋酥<br/>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)<br/>Italian Chocolate Nut Biscotti</p>  |
| <p>19.12.16<br/>星期一/Mon<br/>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<br/>黑枣巧克力蛋糕<br/>蔓越莓蛋白千层蛋糕</p>   | <p><b><u>New Year Cake</u></b></p> <p>Prunes Lapis<br/>Prunes Chocolate Cake<br/>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)

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| <p>21.12.16<br/>星期三/Wed<br/>2pm<br/><b>Fees : \$85</b></p> <p><b>潘秀霞老师</b><br/><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<br/>福州蒸燕饺<br/>炸燕饺<br/>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<br/>Hock Chew Dumpling<br/>Deep Fried Dumpling<br/>Teochew Fish Ball<br/>Teochew Meat Ball / Fish Cake</p>                            |
| <p>27.12.16<br/>星期二/Tue<br/>2pm<br/><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<br/>千层蛋白蜜糖蛋糕<br/>核桃巧克力米蛋糕</p>                   | <p><b><u>Popular Lapis Cake</u></b></p> <p>Indonesian Lapis Cake<br/>Egg White Lapis Cake<br/>Walnut Chocolate Cake</p>   |
| <p>28.12.16<br/>星期三/Wed<br/>2pm<br/><b>Fees : \$85</b></p> <p><b>潘秀霞老师</b><br/><b>Anna Phua</b></p>  | <p><b><u>客家名菜</u></b></p> <p>黄酒制作<br/>黄酒子姜鸡煲<br/>蒸醉鸡</p>                            | <p><b><u>Popular Hakka Cooking</u></b></p> <p>Traditional Yellow Wine Making<br/>Clay pot Chicken Wine Soup<br/>Steam Drunken Chicken</p>   |
| <p>29.12.16<br/>星期四/Thur<br/>2pm<br/><b>Fees : \$85</b></p> <p><b>潘秀霞老师</b><br/><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<br/>黄金桂花马蹄年糕<br/>紫米椰汁年糕<br/>红豆椰汁年糕</p> | <p><b><u>Popular H.K Prosperity Dessert</u></b></p> <p>Osmanthus Wolfberry Crystal Jelly<br/>Golden Osmanthus Water Chestnut Jelly<br/>Purple Rice Coconut Milk Jelly<br/>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

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| <p>03.12.16<br/>星期六/Sat<br/>11am-1pm</p> <p><b>Fees : \$80</b><br/><b>特价 : \$18</b></p> <p><b>潘秀霞老师</b><br/><b>Anna Phua</b></p> | <p><b>最新：超赞的蔬果汁减肥法</b><br/>潘老师分享怎么营养的“喝瘦”自己：<br/>【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:<br/>[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<br/>星期二/Tue<br/>2pm</p> <p><b>原价 : \$80</b><br/><b>特价 : \$18</b></p> <p><b>潘秀霞老师</b><br/><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<br/>Home-made Peanut Paste Tofu<br/>Home-made Sesame Paste<br/>Mountain Yam Sweet Potato Chowder</p>  |
| <p>09.12.16<br/>星期五/Fri<br/>2pm</p> <p><b>原价 : \$80</b><br/><b>特价 : \$18</b></p> <p><b>潘秀霞老师</b><br/><b>Anna Phua</b></p>        | <p><b>这样吃降尿酸，排痰风</b><br/>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？<br/>什么食材可以有效控制尿酸值？<br/>避免摄取哪些高普林的食材？<br/>如何正确食用三餐？<br/>治好痰风的简单方法</p> <p>早餐：五青蔬菜汁<br/>午餐：五行全麦汤面<br/>晚餐：茼蒿糙米饭<br/>          蛤蜊味噌汤<br/>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<br/>Food which can control uric acid effectively.<br/>What kind of food to avoid ?<br/>How to eat your daily correctly?<br/>The easy way to treat gout.</p> <p><b>Breakfast:</b> Five Green Vegetables Juice<br/><b>Lunch:</b> Multi Benefits Whole Wheat Noodle in soup.<br/><b>Dinner:</b> Konjac Brown Rice ,Clam Miso Soup<br/>Drink Coconut Water Green Papaya Tea<br/>Whole Day</p> |

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| <p>13.12.16<br/>星期二/Tue<br/>2pm<br/><b>原价：\$80</b><br/><b>特价：\$18</b></p> <p><b>潘秀霞老师</b><br/><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。<br/>早餐、午餐、晚餐、该怎么吃。<br/>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<br/><b><u>美肌草莓香蕉豆奶</u></b>：补充维生素 C、B6 及类黄酮<br/><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!<br/>- <b><u>Easy meals</u></b> for breakfast, lunch and dinner<br/>- <b><u>Golden rules</u></b> of choosing anti-aging foods when eating out<br/><b><u>Grape &amp; Greens Juice</u></b>: helps healthy blood pressure<br/><b><u>Youthful Skin Strawberry Banana Soy Shake</u></b>: high Vitamin C &amp; B6 for strong immunity<br/>Grape &amp; Blueberry Juice: boost memory</p>   |
| <p>16.12.16<br/>星期五/Fri<br/>2pm<br/><b>原价：\$80</b><br/><b>特价：\$18</b></p> <p><b>潘秀霞老师</b><br/><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<br/>地瓜基本吃法<br/>地瓜减肥法（一个月瘦 5 公斤）<br/>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<br/>地瓜苹果凤梨奶昔<br/>烤地瓜<br/>蜂蜜芝麻<br/>黄金地瓜豆浆</p> | <p><b><u>Popular Taiwan Sweet potato lose weight</u></b></p> <p>Nutrition facts about sweet<br/>Basic Diet Method Potato<br/>Sweet Potato Diet Method<br/>Sweet Potato Fasting Method<br/>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<br/>Sweet Potato Apple Pineapple smoothie<br/>Roasted Sweet Potato<br/>Honey Sesame Drink<br/>Golden Sweet Potato Soy Milk</p> |

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| <p>20.12.16<br/>星期二/Tue<br/>2pm<br/>原价 : \$80<br/>特价 : \$18</p> <p>潘秀霞老师<br/>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)<br/>十谷粥<br/>三天黑豆浆减肥法<br/>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)<br/>Whole Grain Porridge<br/>3 day Black Soy Bean (for slimming)<br/>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)*

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