

<p>08.02.17 星期三/Wed 2pm</p> <p><b>学费 : \$18</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>片片黄金 (海鲜豆腐) 万紫千红 (菜) 金玉满堂 (银鱼金瓜饭) 水果沙律酱</p>	<p><b><u>Good Dishes by Chef Jiawen</u></b></p> <p>Piece of Gold (Seafood Tofu) Colourful Vegetable (dish) Abundance of Gold and Silver (Silver Fish Pumpkin Rice) Fruit Salad Sauce</p>
<p>10.02.17 星期五/Fri 2pm</p> <p><b>学费 : \$120</b> <b>新春优惠价 : \$55</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>潘老师私房菜</u></b> <b><u>(经典超级棒粥粉料理)</u></b></p> <p>香气十足炒米粉 (不一样的炒法) 港式香滑黄金鸡粥 (超好吃上汤底煮法)</p>	<p><b><u>Anna Classic Cooking Series</u></b> <b><u>(Classic Super Good Porridge Hoon Cuisine)</u></b></p> <p>Fragrant Fried Bee Hoon (unique frying method) HK Style Golden Chicken Porridge (superb tasty soup cooking method)</p>
<p>13.02.17 星期一/Mon 2pm</p> <p><b>学费 : \$125</b></p> <p><b>Chef Patrick</b></p>	<p><b><u>日本人气串串烧系列</u></b></p> <p>秘制烧乌酱煮法 十多种串串烧作法 鸡翅膀,猪肉,培根,蔬菜等等 特制软骨鸡肉丸</p>	<p><b><u>Assorted Yaki Tori Making</u></b></p> <p>Secret Yaki Tori Sauce Cooking Method Assorted Yaki Tori Method Chicken Wing, Pork Belly, Bacon, Vegetable etc Special Soft Bone Chicken Balls</p>
<p>16.02.17 星期四/Thur 2pm</p> <p><b>学费 : \$160</b></p> <p><b>Janet 老师</b></p>	<p><b><u>花开富贵, 年年有余 (果冻)</u></b></p> <p>DIY 果冻制作</p> <p>*学费包括器材, 每位学生可有 8 寸果冻带回家, 并赠送一套挤花器材</p> <p>10 个人一班, 5 个人一组 DIY</p>	<p><b><u>Blossom Prosperity Jelly</u></b></p> <p>DIY Jelly Making</p> <p>*Fees inclusive of ingredient. Each student can <b>bring home a 8 inches' jelly</b> and gives a set of created flower created equipment. 10 persons in one class, 5 persons form one team DIY</p>

<p>24.02.17 星期五/Fri 2pm</p> <p><b>学费 : \$125</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b>商业马来经典面食 (潘老师私房菜)</b></p> <p>马来卤面 (咪乐不) 米暹 (有汤汁) 炸虾饼</p>	<p><b>Classical Commercial Malay Cooking (Chef Anna's Secret Dishes)</b></p> <p>Malay Mee-Rebus Mee Siam (with Gravy) Fried Prawn Fritters</p>
<p>28.02.17 星期二/Tue 2pm</p> <p><b>学费 : \$80</b> <b>特价 : \$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b>生食疗法</b> <b>精力蔬果汁 (老虎奶)</b> <b>功效 :</b> 这是一份均衡精确的精华素, 外国人称之为「老虎奶」, 亦是本土的「蛮牛」, 经常饮用能消除体内毒素, 增加体力, 改善体质, 恢复健康效果更显著, 会使你思路清晰, 精神焕发, 工作效率高, 学习效果良好</p> <p><b>小麦香槟水</b> <b>功效 (酵素的补充) :</b></p> <ul style="list-style-type: none"> <li>• 每天饮用 500-1000 毫升可以改善体质及预防胀气</li> <li>• 维他命 A 和 E 可以改善体质, 消除疲劳, 增加抵抗力之功效</li> <li>• 经常饮用可保健, 对皮肤病, 慢性病更具效果</li> <li>• 恢复肠内的健康</li> <li>• 补充所缺的营养</li> <li>• 小麦本身有维他命 E, C 加倍维他命 B12 和酵素</li> </ul>	<p><b>Raw Food Therapy</b> <b>Energy Vegetable Fruit Juice (Tiger Milk)</b> <b>Benefits:</b> This is a balanced and good essence, foreigners called "tiger milk", or name as local "bull". Daily drinking can eliminate the toxin in the body, increase strength, improve physical fitness, health effects are more obvious, can make you clear, fresh, high work efficiency, good learning memory</p> <p><b>Wheat Champagne</b> <b>Benefits (Enzyme Supplementation):</b></p> <ul style="list-style-type: none"> <li>• Daily intake of 500-1000ml strengthens body and prevents bloating.</li> <li>• Vitamins A and E expels exhaustion and increases immunity.</li> <li>• Long-term intake benefits skin health and overall wellness.</li> <li>• Recover digestive system's health.</li> <li>• Dietary supplement.</li> <li>• Wheat grass has vitamins E, C and B12 and enzymes.</li> </ul>

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

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

**Open hours: Mon~Fri 10.30am~7.30pm Sat 10.30am~5.30pm**

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



**花开富贵（果冻） by Chef Janet**

**Janet 老师是新加坡果冻达人**

## Flora Sante' February Time Table

<p>09.02.17 星期四/Thur 2pm 原价 : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>四周调理美人汤疗 (每一周针对我们的身体不同部分来做身体保养)</u></b></p> <p>第一周 : 炙首乌补气鸡汤 (补肝、肾气)</p> <p>第二周 : 四种茯苓鸡汤 (安神美白消水肿)</p> <p>第三周 : 天麻枸杞鸡汤 (加强气血循环)</p> <p>第四周 : 青蔬休养鸡汤 (喝出好心情, 轻松愉快)</p> <p><b><u>*有新年礼物可以带回家</u></b></p>	<p><b><u>4 Weeks of Conditioning Beauty Therapy (Every week for Different Parts of Our Body to do Body Care)</u></b></p> <p>The first week: Roast Shouwu Chicken Soup (strengthen liver and kidney)</p> <p>The second week: 4 Kinds of Poria Cocos Chicken Soup (soothing, beauty, edema elimination)</p> <p>The third week: Gastrodia Elata Wolfberry Chicken Soup (strengthening blood circulation)</p> <p>The forth week: Green Vegetable Recuperation Chicken Soup (drink good moon, relaxed and happy)</p> <p><b><u>*CNY Gift to be taken home</u></b></p>
<p>13.02.17 星期一/Mon 2pm 原价 : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>养生课-体内大扫除</u></b></p> <p><b><u>饮食排毒法 :</u></b> (1) 清宿便蔬果汁 (2) 超级排毒水 (3) 十天清肝水</p> <p><b><u>身体表面排毒法 :</u></b> 干刷身体法, 刮舌苔</p> <p><b><u>功效 :</u></b> 清除淋巴系统粘液及废物, 促进新陈代谢, 清除皮肤表面的死细胞, 恢复皮肤原有弹性, 增加血液循环</p> <p><b><u>油拔法 :</u></b> 排出体内毒素/排出淋巴毒/美齿</p> <p><b><u>油拔法功效:</u></b>对各种疾病如:偏头痛, 肺炎, 牙痛, 血管堵塞, 湿疹, 溃疡, 胃痛, 脑膜炎, 心, 白血病, 风湿, 肾, 肝, 肺, 妇科, 神经系统, 中风, 治愈伤口, 也治愈长期失眠, 对癌症也有显著效果</p>	<p><b><u>Ultimate Detox Nutrition Class</u></b></p> <p>1.Colon Cleansing Green 2.Smoothie Super Detox Water 3.Ten Days Liver Detox Water</p> <p><b><u>Skin Brushing Detox Method</u></b> <b><u>Function :</u></b> Remove mucus lymphatic system and waste, promote metabolism, remove dead cells on the surface of the skin, restore the elasticity of the skin, increase blood circulation.</p> <p><b><u>Oil Pulling Method-efficacy :</u></b> for a variety of diseases such as migraine, pneumonia, toothache, blood clots, eczema, meningitis, ulcers, stomach, heart, leukemia, rheumatism, kidney, liver, lung, gynecology, and nervous system, stroke, heal wounds, and cure insomnia for a long time, also has significant effect for cancer.</p>

## Flora Sante' February Time Table

<p>15.02.17 星期三/Wed 2pm <b>Fee: \$80</b> <b>特价:\$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>2 天蔬果清肠法</u></b> (净化肠道, 排宿便, 瘦小腹)</p> <p>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><b><u>2 days of fruits and vegetables cleaning</u></b> (Purification of intestinal, discharge of impurities)</p> <p>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>
<p>21.02.17 星期二/Tue 2pm <b>Fee: \$80</b> <b>特价:\$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>日式酵素酿造法</u></b></p> <p>白萝卜蜂蜜酵素(伤风感冒,喉咙疼痛) 苹果酵素(通畅消化,排毒,美发,美肌肤) 红豆糙米酵素(排去宿便,减肥才成功) 豆付酵素(预防生活中慢性病)</p>	<p><b><u>Japanese Method Enzyme Making</u></b></p> <p>Radish Honey Enzyme (helps flu, sore throat) Apple Enzyme (helps digestive, detox, good skin and hair) Red Bean Brown Rice Enzyme (slimming and constipation) Tofu Enzyme (prevention of common "sickness")</p>

**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***

***Open hours: Mon~Fri 10.30am~7.30pm Sat 10.30am~5.30pm***

## Flora Sante' February Time Table

Each student that comes to Wisma Atria to attend Chef Anna's class on 9/2/2017, can receive 3 of Chinese New Year items in a Gift bag. Quickly come to join us. Limited quantity!



Japanese New Year Crackers



Japanese Kelp Tea



Blessing Ang Pow