

<p>02.06.17 星期五/Fri 2pm</p> <p>Fees: \$80 调理机会员:\$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>健康是磨出来的-植物奶</u></p> <p>雪莲子养生奶 (预防骨质疏松) 四宝香薏奶 (提升免疫力) 黑芝麻黑豆淮山豆浆 (抗老化) 地瓜南杏奶 (预防便秘) 抹茶纤体奶 (预防肥胖, 防癌)</p>	<p><u>Delicious Veg Milk for Great Health</u></p> <p>Eco-snow Lotus Healthy Milk (Prevent osteoporosis) Four Treasures Fragrant Barley Milk (Enhance immune system) Black Sesame Black Bean Huai Shan Milk (Anti-aging) Sweet Potato Sweet Almond Milk (Help for digestion) Matcha Slimming Milk (Prevent fat and cancer)</p>
<p>09.06.17 星期五/Fri 2pm/7pm</p> <p>Fees: \$80 调理机会员:\$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>健康就是这样吃 (新)</u></p> <p>蒸全麦香蕉糕 大阪烧 (高纤蔬菜煎饼) 黑白美人汤 (胶原蛋白) 香蕉凤梨冰沙</p>	<p><u>Healthy to Eat (New)</u></p> <p>Steamed Whole Wheat Banana Cake Osaka Cook (High Fiber Vegetable Pancake) Black and White Beauty Soup (collagen) Banana Pineapple Smoothie</p>
<p>15.06.17 星期四/Thur 2pm</p> <p>Fees : \$18</p> <p>彬师傅 Chef Ben</p>	<p><u>彬师傅拿手好菜</u></p> <p>奶油鸡球 豉油王花雕虾 番薯椰丝包 金瓜腰豆奶 十谷米养生糊</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Cream Chicken Ball Soy Sauce High-grade Prawn Sweet Potato Shredded Coconut Bun Pumpkin Cashew Nut Milk Whole Grain Rice Healthy Paste</p>

<p>17.06.17 星期六/Sat 2pm</p> <p>Fees: \$80 调理机会员:\$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>吃出强大免疫力 (新) (排毒净化餐)</u></p> <p>早餐: 番石榴青汁 (适合化疗者、止泻、美白、减重) 午餐: 山药薏仁奶浆 (补充营养、补血气、补肺肾、脾胃、利尿消水肿) 玄米浓汤 (降血糖、血脂、便秘、消肝毒、瘦身) 晚餐: 翡翠银耳露 (预防骨质疏松, 帮助肠道排毒)</p>	<p><u>Have a Strong Immunity (New) (detox purifying meal)</u></p> <p>Breakfast: Guava Kale Juice (suitable for chemotherapy patients, antidiarrheal, whitening, weight loss) Lunch: Chinese Yam Barley Milk Pulp (supplement nutrition, blood, lung and kidney, Spleen and stomach, diuresis to eliminate edema) Brown Rice Puree Soup (lower blood sugar, blood fat, constipation, liver detoxication, slimming) Dinner: Jade White Fungus Syrup (prevent of osteoporosis, help intestinal detoxification)</p>
<p>19.06.17 星期一/Mon 2pm</p> <p>Fees: \$120 特价: \$99</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>商业咖椰班</u> 海南焦糖咖椰 娘惹香兰咖椰 泰式香兰咖椰 香港'法兰西'面包(夹心:香蕉,草莓) 配枫糖浆 牛油香脆咖椰面包 烤杏仁咖椰''家把打''面包 蒸方块面包沾热咖椰</p>	<p><u>Popular Kaya Business Class</u> Hainanese Caramel Kaya Nonya Pandan Kaya Thai Style Kaya H.K French Toast (egg & butter; Banana / Strawberry Filling) with Maple Syrup Grilled Crispy Bread with Kaya and Butter Thai Grilled Ciabatta Bread Almond Kaya Thai Steamed Bread with Thai Kaya</p>
<p>20.06.17 星期二/Tue 2pm</p> <p>Fees: \$150</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>商业蜂巢炸香蕉全套:</u></p> <p>脆浆预拌粉制作、炸香煮 绿豆糕、蜂巢“尖不拉” 香兰木薯糕、炸三合一 (芋头、蕃薯、年糕)</p>	<p><u>Bee-Hive Fried Goreng Pisang</u></p> <p>Making Special Crispy Flour Pre-Mix Fried Banana / Green Bean Cake /Yam / Sweet Potato / Pandan Tapioca Kueh / Bee-Hive Chempidak / 3-in 1 Fried Yam Nian Gao Sweet Potato</p>

Atrix Blg (opp Aljunied MRT)

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Email: coyaku@yahoo.com.sg

欢迎登陆我们的网站: www.annascookingarts.com.sg

28.06.17 星期三/Wed 2pm Fees : \$90 潘秀霞老师 Anna Phua	商业乌达 印尼味白乌达(沾花生酱) 丹绒宾榔乌达 (种类: 虾肉, 鱼头, 鱼肉, 苏东)	Commercial Otah Indonesian Style White Meat Otah (Serve with Peanut Sauce) Tg Pinang Otah (Different types: prawns, fish head, fish, sotong)
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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~7pm Sat 10.30am~5pm

以上课程提前三天报名者享有\$5折扣 (特价除外)

Enjoy \$5 discount for early booking (not for discounted fees)

Book your course early so that teacher has enough time to prepare the ingredients.

As our phone line can be busy, please email or SMS to book the course

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Flora Sante' June Time Table

<p>03.06.17 星期六/Sat 11am-1pm</p> <p>Fees : \$80 特价 : \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>每天一杯疗愈蔬果汁</u></p> <p>胡萝卜番茄柳橙汁 (美肌抗癌) 苹果山药汁 (抗辐射) 青汁-秋葵高丽菜汁 (预防慢性病) 番茄芹菜醋汁 (瘦小腹) 葡萄紫高丽菜黑枣汁 (强大抗氧化力)</p>	<p><u>“Must drink” Everyday Juice Therapy</u></p> <p>Carrot Tomato Orange Juice (beauty, anti-cancer) Apple Yam Juice (anti-radiation) Green Juice-Okra Cabbage Juice (prevent chronic diseases) Tomato Celery Vinegar Juice (slimming) Grape Purple Cabbage Prune Juice (strong anti-aging effect)</p>
<p>06.06.17 星期二/Tue 2pm</p> <p>Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>全素汤疗 (I) (新)</u></p> <p>四神抗癌汤 (补肾补血) 黄耆红枣枸杞人参汤 (强化免疫) 杭菊甘草金银汤 (清热解毒) 赤扁薏仁黑豆汤 (加强肠道排毒, 利尿除湿)</p>	<p><u>Vegetarian Soup Treatment (I) (New)</u></p> <p>Sishen Anti-Cancer Soup (nourishes kidney and blood) Astragalus Red Dates Wolfberry Ginseng Soup (Strengthens Immune System) Hang Ju Licorice Honeysuckle Soup (detoxification) Red Flat Barley Black Bean Soup (cleanse the intestines detoxification, diuretic)</p>
<p>08.06.17 星期四/Thur 2pm</p> <p>Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>养生早午晚餐</u></p> <p>生菜凤梨汁 (排宿便, 平小腹) 养生黄金米粉汤 高钙松子腰果黑糖豆浆 DIY 杏仁花生豆腐</p>	<p><u>Healthy Meals-Breakfast, Lunch and Dinner</u></p> <p>Lettuce Pineapple Juice (helps digestion and slimming) Healthy Golden Mee Hoon Soup High Calcium Pine Nuts Cashew Nuts Brown Sugar Soy Bean Milk DIY Almond Peanut Tofu</p>
<p>16.06.17 星期五/Fri 2pm</p> <p>Fees : \$88 特价 : \$48</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>DIY 日式酵素泡菜</u> (清肠排毒, 帮助消化, 抗癌防癌, 保存期 3 个月)</p> <p>高纤萝卜干昆布泡菜 综合泡菜 (4 种蔬菜) 茄红素, β 胡萝卜素, 十字花科 醋酱油渍综合菇 (4 种菇+白果)</p>	<p><u>DIY Japanese-style Pickles</u> (Cleansing, helps digestion, prevents cancer, can be preserved for 3 month)</p> <p>High Fiber Dried Radish Khumbu Pickle Assorted Pickles (4 kinds of vegetables) Lycopene, β-carotene, Brassicaceae Vinegar Soy Sauce Assorted Mushrooms (4 kinds of mushrooms+Ginkgo)</p>

The above benefits are by no means intended as a self-guide. Always require a physician to establish their cause and to help in deciding on the right treatment .All Rights Reserved .

Flora Sante' June Time Table

27.06.17 星期二/Tue 2pm Fees : \$80 特价 : \$38 潘秀霞老师 Anna Phua	<u>活力生食早餐</u> 山药红柿优格 糙米精力汤 苹果香蕉果昔 红宝石果昔 (红石榴草莓) 夏威夷雪泥 (降低胆固醇)	<u>Energy Row Food Breakfast</u> Yam Tomato Yogurt Brown Rice Energy Soup Apple Banana Smoothie Ruby Smoothie (Red Pomegranate Strawberry) Hawaiian Smoothie (Lower Cholesterol)
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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~7pm)