

<p>08.09.17 星期五/Fri 2pm-4pm Fees : 首 10 位 报名者, 原价 : \$300 ★ 特价 : \$125</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>安娜商业甜品</u></p> <p>印尼可乐珍罗冰 (煮椰糖, DIY 香兰粉条、QQ 番薯粿) 泰式榴莲 Cha Cha (怎样煮好味糖浆, 煮榴莲淋酱, 红宝石制作) 泰式多多料嘛嘛喳喳</p>	<p><u>Anna Commercial Desserts</u></p> <p>Indonesia Kolak Chendol (cook coconut syrup, DIY Pandan Chendol, QQ Sweet Potato Kueh) Thai Style Durian Cha Cha (how to cook delicious syrup, durian paste, red ruby making) Thai Style Bo Bo Cha Cha</p>
<p>18.09.17 星期一/Mon 2pm-4pm Fees : \$18</p> <p>彬师傅 Chef Ben</p>	<p><u>彬师傅拿手好菜</u></p> <p>椰青花肉 蒜茸鱼 温泉蛋 芝士薯仔 利尿消水肿茶</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Tender Coconut Pork Minced Garlic Fish Hot Spring Egg Cheese Potato Eliminate Edema Tea</p>
<p>21.09.17 星期四/Thur 2pm-4pm Fee : \$125 学过 1-3 的学生 ★ 特价 : \$100</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>著名巴东咖喱 (4)</u></p> <p>QQ 黄姜饭 招牌羊肉仁当 三峇大虾/苏东</p>	<p><u>Famous Padang Curry (4)</u></p> <p>QQ Nasi Kuning Rice Signature Mutton Rendang Sambal Prawns/Sotong</p>
<p>23.09.17 星期六/Sat 2pm-4pm Fees : \$80 特价 : \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>活力早餐</u></p> <p>紫米山药红枣浆 花生糙米浆 姜汁撞奶 瘦身玉米汁 养颜蛋白杏仁露</p>	<p><u>Energy Breakfast</u></p> <p>Purple Rice Yam Red Dates Puree Peanut Brown Rice Milk Ginger Milk Pudding Slimming Corn Juice Beauty Protein Almond Puree</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 欢迎登陆我们的网站: www.annascookingarts.com.sg

29.09.17 星期五/Fri 2pm-4pm Fee : \$80 潘秀霞老师 Anna Phua	马来经典菜 商业隆冬套餐 1. 香蕉叶筒饭 2. 咖哩什菜 3. 西刀鱼肉上汤 4. 三峇辣椒 5. 炒椰香	Malay Delicacies Commercial Long Tong Whole Set 1. Banana Leaf Rice 2. Curry Chap Chye 3. Ikan Parang Stock 4. Sambal Chilli 5. Fried Coconut Crisp
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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)

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

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林佳明博士

讲题：如何改善善忘、失智、失忆、自闭症、帕金森、忧郁症？

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√ 365 防癌教育协会特约讲师/委员

√ 主办肝胆排毒营，果汁断食排毒营

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√ 担任一对一食疗顾问



潘秀霞老师

讲题：什么食材可降低脑中风，让脑部运作更顺畅/灵活，增强记忆力？

示范：活脑糙米浆、蓝莓旺梨汁、补脑精力蔬果汁

日期：9/9/17 星期六

时间：2pm-4pm

学费：**\$10**

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

报名热线：**67470069 / 62943588 / 90605747 (10:30am-7pm)**

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Prof Lim Kah Meng

Topic: how to help Amnesia, Amnesia, Dementia, Autism, Parkinson, Depression?

- √ Anna's Cooking Arts Culinary School
- √ 365 Cancer Prevention Society Food Therapy Speaker/
Committee Member
- √ Liver & Gallstone Detox, Juice Fasting Programs
- √ 9 days Sliming Program
- √ Food Therapy Speaker for 97.2 & 95.8 Popular Radio
Program
- √ Food Tasting Panellist in Established Food Directories
- √ Personal Food Therapist and coach



Anna Phua

Topic: what ingredients can reduce stroke, brain functioning more smoothly / flexible, enhance memory?

Demo: Healthy Brain Brown Rice, Blueberry Kumquat Juice,
Supplement Brain Energy Vegetable Juice.

Date : 9/9/17 Sat **Time :** 2pm-4pm

Fees : \$10

Address : Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03
Singapore 388409

Tel : 67470069 / 62943588 / 90605747 (10:30am-7pm)

Flora Sante' September Time Table

<p>05.09.17 星期二/Tue 2pm-4pm</p> <p>Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>美肌抗老 (新) (轻松养出好气色, 打造弹性美肌 6 大明星食材大公开)</u></p> <p>美肌蛋蜜汁 美颜山药薏仁浆 黑木耳薏仁露 黄金抗氧蔬果汁</p>	<p><u>Beauty Anti-aging (New) (easy to keep a good look, create a 6-star high elastic skin ingredient)</u></p> <p>Beauty Egg Honey Juice Beauty Yam Barley Puree Black Fungus Barley Puree Gold Antioxidant Vegetable Juice</p>
<p>12.09.17 星期二/Tue 2pm-4pm</p> <p>Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>启动自愈力, 与病绝缘 (新)</u></p> <p>如何做到「三少原则, 守住健康」: 薏仁糙米枸杞浆 活力木瓜优格乳 番茄薏仁汁 香柠葡萄汁</p>	<p><u>Initiate Self-Healing Power, and Be Cut Off from Disease (New)</u></p> <p>How to do "three little principles" to keep healthy: Barley Brown Rice Wolfberry Paste Energy Papaya Yogurt Tomato Barley Juice Lemon Grape Juice</p>
<p>22.09.17 星期五/Fri 2pm-4pm</p> <p>Fees : \$80 特价 : \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>日式轻食便当 (I) (新) (吃出好身材)</u></p> <p>紫米 Q 饭 洋风野菇拌豆腐沙拉 炒辣味芝麻牛蒡丝 豆腐汉堡排 (猪肉)</p>	<p><u>Japanese Light Meal Box Lunch (I) (New) (eat to slim)</u></p> <p>QQ Purple Rice Wafu Mushroom with Bean Curd Salad Fried Spicy Sesame Shredded Burdock Tofu Burger Steak (Pork)</p>
<p>26.09.17 星期二/Tue 2pm-4pm</p> <p>Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>最强发酵乳酸菌高丽菜 (新)</u> <u>(变美、变瘦不容易生病)</u></p> <p>10 分钟就能完成慢慢的膳食纤维和乳酸菌, 整顿肠道环境, 排解累积体内的毒素 DIY 乳酸高丽菜泡菜 柴鱼酱油乳酸高丽菜 乳酸高丽菜酸辣汤 韩式拌饭 (玄米南瓜饭、韩式辣肉酱、凉拌豆芽、凉拌乳酸高丽菜)</p>	<p><u>The Most Fermented Probiotic Cabbage (New) (become beauty & thin, not easy to fall ill)</u></p> <p>10 minutes to complete the slow diet fiber and probiotic, rectifying the intestinal environment, relieve the accumulation of toxins in the body DIY Probiotic Cabbage Pickles Katsuo Fish Soy Sauce Probiotic Cabbage Probiotic Cabbage Sour Chilli Soup Bibimbap (Brown Rice with Pumpkin, Korean Spicy Meat Sauce, Cold Mix Sprouts, Cold Mix Probiotic Cabbage)</p>

Flora Sante' September Time Table

<p>30.09.17 星期六/Sat 11am-1pm</p> <p>Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>自然疗法系列——让眼睛不再疲劳</u> <u>(新) (活用天然好食物, 守护全家人健康)</u></p> <p><u>哪些明星食材让眼睛更明亮?</u> 护眼黑豆谷浆 护眼蓝莓优格乳 明目枸杞炖蛋</p>	<p><u>Series of Natural Remedies - Make Eyes No Longer Tired (New)</u> <u>(use natural good food, protect the health of the whole family)</u></p> <p><u>Which star ingredients make the eyes brighter?</u> Protect Eyes Black Bean Grain Milk Protect Eyes Blueberry Yogurt Eyesight wolfberry Steam Eggs</p>
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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)