

<p>07.11.17 星期二/Tue 2pm-4pm</p> <p>Fees : \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>拉西伯拉尼鸡饭全套</u></p> <p>拉西伯拉尼鸡肉 (或羊肉) 饭全套 芒果番石榴沙拉</p>	<p><u>Nasi Briyani Chicken Whole Set</u></p> <p>Nasi Briyani Chicken (or Mutton) Whole Set Mango Guava Salad</p>
<p>13.11.17 星期一/Mon 2pm-4pm</p> <p>Fees : \$85</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>印尼小点心</u></p> <p>加都加都(秘制花生淋酱) 炸蜂窝蛋豆腐</p>	<p><u>Indonesian Snack</u></p> <p>The Best Gado Gado (mixed Vegetable Salad in a special Peanut Dressing) Fired Tofu Egg Nest</p>
<p>14.11.17 星期二/Tue 2pm-4pm</p> <p>Fees : \$18</p> <p>彬师傅 Chef Ben</p>	<p><u>彬师傅拿手好菜</u></p> <p>南京烧鸭 无锡排骨 纤维面粉粿 落地神仙 (洛神花) 乌米养肾糊</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Nanjing Roast Duck Wuxi Pork Ribs Fiber Mee Hoon Kway Immortal Landing (Roselle Drink) Black Rice Healthy Kidney Paste</p>
<p>20.11.17 星期一/Mon 2pm-4pm</p> <p>Fees : \$125 ★首 10 位报 名者, 特价 \$99</p> <p>Kayoko Tokumoto</p>	<p><u>Kayoko 私房菜</u></p> <p>华丽的装饰寿司艺术卷： 四海寿司 (四方海面的寿司) 一重梅 (梅花形状的寿司) 玉石豆腐 彩色苦瓜肉卷</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div>	<p><u>Kayoko Secret Recipes</u></p> <p>Gorgeous Decorative Sushi Art Rolls: Four Seas Sushi (Square Sushi) A Plum Blossom (Plum Blossom shaped sushi) Yushi Tofu Color Fried Bitter Gourd Rolls</p>

Atrix Blg (opp Aljunied MRT)

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

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

20.11.17
星期一/Mon
7pm-9pm

Fees : \$125
★首 10 位报
名者, 特价 :
\$99

Kayoko 私房菜

健康红番薯的起司蛋糕
酸桔仔风味的免烤芝士蛋糕
蔬菜和水果形状的彩色日式手捏糕点

Kayoko Secret Recipes

Healthy Red Sweet Potato Cheese cake
Baked Cheese Cake with Sour Orange flavor
Vegetable and Fruit Shaped Japanese Style
Handmade Pastry



Kayoko
Tokumoto

学 2 堂课者, 学费 : **\$160**

请预先报名, 名额有限! 每班仅限 **15** 人!

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



Kayoko Tokumoto
(Professional vegetables sommelier)

Flora Sante' November Time Table

<p>09.11.17 星期四/Thur 2pm-4pm Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>这样吃，年轻 15 岁（新）（1）</u></p> <p>补气黄耆蒜香鸡汤（消除疲劳） 日式白萝卜天那鱼沙拉 三豆燕麦全谷饭（减肥、降三高、加速排便力）</p>	<p><u>Eat to Be Younger 15 Years Old (New) (1)</u></p> <p>Nourish Vitality Astralagus Garlic Chicken Soup (prevent fatigue) Japanese White Radish Tuna Fish Salad Three Beans Oats Whole Grain Rice (weight loss, reduce three high, accelerate defecation force)</p>
<p>22.11.17 星期三/Wed 2pm-4pm Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>神奇青汁 (美容减肥,提升免疫力,消除活性氧,消除慢性病,抗癌防癌)</u></p> <p>·优盾草青苹果青汁 ·五蔬菜汁(五汁) ·芦荟柠檬青汁 ·油菜青汁 ·荷兰芹青汁 ·胡萝卜高丽菜青汁麦草 ·用小麦草搭配美味果汁 3 种 ·高 C 三种青汁配法 喝 30 cc 小麦草汁=吃 1 公斤蔬菜 麦绿素中维他命 C 是橙的 6 倍,矿物质是菠菜的 18 倍</p>	<p><u>Miracle Green Juice (for slimming, immunity system building, combats common illnesses and free radicals)</u></p> <p>Five Green Vege Juice Aloevera Lemon & Kale Green Vegetable Parsley Carrot Cabbage Wheatgrass + 3 flavours Vitamin C Kale + 3 fruits Drink 30 cc of wheat grass juice = eat 1 kilograms of vegetables The vitamin C in barley green is 6 times as much as orange, and minerals are 18 times as much as spinach</p>
<p>24.11.17 星期五/Fri 2pm-4pm Fees : \$80 特价 : \$28</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>法国最 In 排毒酵素水 (美白，燃脂，抗老化，排出废物)</u></p> <p>美白柠檬饮(5 种水果) 薄荷西瓜蜜瓜水 高纤整肠苹果柚 胶原蛋白蜜橘水</p>	<p><u>Latest French Detox Enzyme (Whitening, Slimming, Anti-aging)</u></p> <p>Whitening Lemon Drink (5 kinds fruits) Mint Watermelon Melon Drink High Fiber Apple Grapefruit Collagen Tangerine Drink</p>
<p>28.11.17 星期二/Tue 2pm-4pm Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>日式人气沙拉（新）</u></p> <p>西兰花核桃沙拉 马铃薯沙拉 金瓜沙拉</p>	<p><u>Japanese Popular Salad (New)</u></p> <p>Broccoli Walnut Salad Potato Salad Pumpkin Salad</p>

Flora Sante' November Time Table

<p>30.11.17 星期四/Thur 2pm-4pm Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>开启健康密码,喝出强大免疫力</u></p> <p>姜黄坚果奶 (帮助好睡眠) 碱性蔬果汁 (提神、排毒) 木瓜果昔 (唤回青春) 活力早餐： 橄榄酱 DIY 佐无麸质法国长棍面包 (好吃、降三高)</p>	<p><u>A Healthy Secret code- Diet for Strong Immunity</u></p> <p>Turmeric Nut Milk (helps sleeping) Alkaline Vegetable Juice (energetic, detox) Papaya Juice (renews youth) Vitality Breakfast: Olive paste DIY non- gluten French Baguettes (delicious, lower three highs)</p>
<p>09.12.17 星期六/Sat 11am-1pm Fees : \$80 特价 : \$25</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>健康是磨出来的</u></p> <p>DIY 研磨芝麻粉、杏仁粉、青仁黑豆粉、薏仁粉、糙米粉、五谷粉、莲子粉 <u>DIY 如何配搭养生糊的黄金比例</u></p> <ol style="list-style-type: none"> 1. 降低胆固醇, 预防高血脂, 脑中 风养生糊 2. 美白, 祛斑, 抗老化养生糊 3. 高钙养生糊 4. 减肥代餐糊 	<p><u>Delicious Nut Pastes for Great Health</u></p> <p>DIY Nut Powder Making: black sesame, almond, barley, wholegrain, five-grains and lotus seed. <u>DIY Nut Paste Making Technique</u></p> <ul style="list-style-type: none"> - lower high cholesterol, high fat and stroke paste - whitening and beautiful skin paste - stronger bones calcium pastes - body-slimming paste

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)