

<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)

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

<p>20.11.17 星期一/Mon 7pm-9pm</p> <p>Fees : \$125 ★首 10 位报 名者, 特价 : \$99</p>	<p>Kayoko 私房菜</p> <p>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</p>	<p>Kayoko Secret Recipes</p> <p>Healthy Red Sweet Potato Cheese cake Baked Cheese Cake with Sour Orange flavor Vegetable and Fruit Shaped Japanese Style Handmade Pastry</p>
<p>Kayoko Tokumoto</p>		

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> <ul style="list-style-type: none"> ·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 <p>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)

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