

<p>12 Oct Sat 2:00PM \$75 Teacher Jean</p>	<p><u>Jean 老师饼干佳作(无色素纯天然)</u> 天然三层饼 巧克力杏仁环 大理石三层饼</p>	<p><u>Teacher Jean All Natural Cookies</u> Natural Trio Cookies Chocolate Almond Ring Marble Trio Cookies</p>
<p>16 Oct Wed 2:00PM or 7:00PM Anna Phua \$ 80 已买调理 机会员\$40</p>	<p><u>秘制港式煲仔胚芽饭</u> 豉汁鱼头煲仔胚芽饭、香港腊味煲仔 胚芽饭(冬奄辣酱) 冬菇鸡球煲仔胚芽饭、秘制老火汤: 莲藕珍珠豆葛软骨 已买调理机会员\$40</p>	<p><u>Top Secret Claypot Embryo Rice</u> Fermented Salted Bean Fish Head Claypot Embryo Rice H.K Double Flavored Sausage and Chicken Ball Claypot Embryo Rice Mushroom Chicken Claypot Embryo Rice Long-Brew Soup Stock: Pearl Bean Lotus Root and Pork Ribs Students with purchase of Juice Blender, class fees: \$40</p>
<p>17 Oct Thu 2:00PM Mdm Chee \$60</p>	<p><u>3D 燕菜蛋糕</u> 小黄人燕菜蛋糕 鲤鱼跃龙门燕菜蛋糕</p>	<p><u>3D Agar-agar Jelly Cake</u> Minion Jelly Cake Koi Fish Leaping the dragon gate Jelly Cake</p>
<p>18 Oct Fri 2:00 PM 7:00PM Anna Phua \$55</p>	<p><u>高钙芝麻豆浆</u> 黑豆、黄豆、燕麦发芽法; 韩式综合黑豆浆; (黑米, 黑芝麻, 薏仁, 核桃, 花生); 回春水;</p>	<p><u>DIY Enzyme Soya Bean for Beauty & Slimming</u> Anti-cancer, delay aging, and improve immunity system Black beans, soy, oat germination method Korean Black Soybean Milk (black rice, black sesame seed, walnut, peanut) ; Oat Enzyme Water</p>
<p>19 Oct Sat 3:00PM Valerie Teo Natural Juice Therapist \$ 59 已买调理机会员\$30</p>	<p><u>抗老化青春彩虹果昔</u> 4種不可思議的凍齡果昔 — 越喝越漂亮! 五彩繽紛又濃郁可口的它們, 特製為您 淡斑, 緊縮皮膚細胞, 平衡荷爾蒙 — 里到外亮麗迷人。 褐色 — 可可美膚果昔 [護膚抗老] 橙色 — 高C木瓜奶油果昔 [調整荷爾蒙] 粉紅色 — 金銀剔透美白果昔 [淡黑斑] 綠色 — 健康透紅美肌果汁促進血液循環] Students with purchase of Juice Blender, class fees: \$30</p>	<p><u>Gorgeous Ladies Rainbow Smoothie Workshop</u> 4 deeply delicious anti-aging smoothies for that youthful glow you desire These naturally colorful beauty secrets cleanse and enrich your skin from the inside-out while they balance the hormones in your body. Brown - Cocolada Smoothie [anti-aging] Orange - Sunshine Avo Shake [hormone-balancing] Pink - Radiant Glow Smoothie [skin-brightening] Green – Rosy Cheeks Slush [blood-circulating]</p>

23 Oct Wed 2:00PM \$50 Mrs Lim	<u>Mrs Lim 经典糕点</u> 香蕉杯糕 迷你榴莲达南糕 缤纷隆邦糕	<u>Mrs Lim Special Kueh Series</u> Steamed Mini Banana Kueh Mini Durian Talam Kueh Kueh Ambon
24 Oct Thu 2:00PM or 7:00PM Valerie Teo Natural Juice Therapist \$ 59	<u>爱上巧克力也胖不了甜品下午茶</u> 無糖, 奶, 澱粉 – 100% 天然美味 不須要烘爐! 三層巧克力天堂蛋糕杯 三料高貴優雅巧克力方 草莓巧克力太妃塔 椰絲巧克力瑪克龍 已买调理机会员\$30	<u>THE CHOCOLATE LOVER'S GUILT-FREE DESSERT HIGH TEA</u> Blissfully free from sugar, dairy, flour, and anything artificial. No oven needed! Triple Chocolate Heaven Cupcake 3 Ingredient Classy Chocolate Squares Strawberry Chocolate & Salted Caramel Tart Coconut Chocolate Macaroon Roche Students with purchase of Juice Blender, class fees: \$30
26 Oct Sat 2:00PM Mdm Chee \$60	<u>Mdm Chee 最新创意</u> 檳城煎嘜冰 (自制煎嘜) 3D 鲜虾鸡蛋卤面燕菜 燕菜鲜虾, 面条, 鸡蛋	<u>Mdm Chee Latest Creative</u> Penang Ice Cendol (cendol making) 3D Fresh Prawns & Egg Loh Mee Agar- agar Agar-agar Prawns, Egg, Noodles Making
28 Oct Mon 2:00PM 7:00PM Anna Phua \$ 60 已买调理 机会员 \$30	<u>活力养生午餐</u> 排毒海苔酱作法 (可配饭, 涂面包, 饼 干) 甜菜根浓汤 (让脸色红润) 日式蕃薯玄米饭 全麦精力坚果蒸糕 (用豆浆, 蕃薯, 燕 麦, 综合坚果... 等等制作) 已买调理机会员\$30	<u>Healthy Lunch</u> Nori Paste DIY (ideal complement of rice, bread and biscuits) Beet Root Chowder (for rosy complexion) Japanese Sweet Potato Brown Rice Steamed Wholemeal Energy Nuts Cake (used with soya bean milk, sweet potato, oats, mixed nuts)
30 Oct Wed 2:00PM Anna Phua \$80	<u>潘老师私房菜-娘惹名菜</u> 黄梨虾 三峇娥玲 峇拉煎辣椒 黑鲷鱼	<u>Nonya Cooking</u> Udang Nanas Bayan Lemak Sambal Sotong Hitam (Squid in dark sauce) Black Pomfret
31 Oct Thu 2:00PM \$50 Mrs Lim	<u>风味餐馆菜</u> 干香砂锅花雕鸡 香炸辣味排骨王 咸蛋炸豆腐	<u>Flavorful Restaurant Series</u> Stir Fired Claypot Hua Tiew Chicken Hot & Spicy Ribs Fried Beancurd With Salted Egg Yolks

Enjoy \$5 discount for early booking. Call us at 6747 0069 or 6294 3588 now!

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