

<p>09/10/14 Thur/星期四 2pm Fees: \$75 (Mrs Lim) 奇奇老师</p>	<p>素食班 (生意课程) 素大虾制作/炒斋米粉 斋米粉献汁/参巴辣椒 蚝油义烧 炒四季豆什素</p>	<p><u>Popular Vegetarian Business Course</u> Vegetarian Deep Fried Crispy/Prawn Making Vegetarian Bee Hoon/Gravy Sambal Chilli Fried Oyster Char Siew Fried Mix Vegetables</p>
<p>11/10/14 Sat/星期六 2pm Fees:\$80 (Jenny Chew) Naturopathic Diet Consultant 自然疗法饮食顾问</p>	<p>亲手制作超软养生面包不用面包机 1.红薯坚果面包 红薯中含有多种人体需要的营养物质 坚果含有必需脂肪酸(又称维生素F)、抗氧化剂、钾、镁、锌、纤维和蛋白质。 2.番茄罗勒浓汤</p>	<p><u>Hand-on Healthy Bread Making course (no need of machine)</u> 1.Sweet Potato Mixed Nuts Bread Sweet potatoes contain many nutrients the body needs Nuts contain essential fatty acids (also known as vitamin F), anti-oxidants, potassium, magnesium, zinc, fiber and protein. 2.Tomato Basil Soup</p>
<p>15/10/14 Wed/星期三 2pm Fees:\$55 Mdm Chee</p>	<p>客家擂茶全套 七种配菜炒法 高纤排毒，清肠，消脂，瘦身美容</p>	<p><u>Hakka'' Lei Cha' Course</u> Presenting 7 Special Vegetables Cooking with High Fiber (good for cleaning, detoxification and fat reducing)</p>
<p>16/10/14 Thur/星期四 2pm Fee:\$65 Mrs Lim 奇奇老师</p>	<p>印度经典菜 风味印度香料饭 番茄参巴饭鸡 咖喱鱼</p>	<p><u>Popular India Classic Dishes</u> Indian Spiced Rice Tomato Sambal Chechen Curry Fish</p>
<p>17/10/14 Fri/星期五 2pm Fee:\$80 Jenny Chew Naturopathic Diet Consultant 自然疗法饮食顾问</p>	<p>DIY轧燕麦嘉种子面包 燕麦含有高纤维有助于清理肠胃垃圾，帮助消化 嘉种子作为超级食品具有高植物钙有助于提高身体对钙的吸收。 南瓜甜玉米汤药材 南瓜中含有丰富的锌，这是健康的身体功能需要的重要矿物质之一。</p>	<p><u>Rolled Oat Chia seeds bread Hand on DIY</u> - Oat with he high fiber content helps in colon cleansing and digestion. Chia seeds as super food with high plant based calcium helps improve the calcium absorption by the body. <u>Pumpkin Sweet Corn soup with herbs</u> - Pumpkin is rich in zinc which is one of the essential mineral for healthy body function.</p>

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<p>18/10/14 Sat/星期六 2pm Fee:\$55 Mdm Chee</p>	<p><u>下午茶点</u> 糯米糍 (花生餡) 传统客家笋粿 (芋头皮) 核桃牛油蛋糕</p>	<p><u>Popular Afternoon Tea</u> Glutinous rice ball mochi(peanut flavor) Hakka Traditional soon kueh (Yam Skin) Super Soft Walnut Butter cake</p>
<p>27/10/14 Mon/星期一 2pm Fee:\$80 調理机会员:\$40 Anna Phua</p>	<p><u>体内环保抗老瘦身餐</u> 7天瘦身蔬菜汤 烙饼生菜卷 (DIY用山药南瓜做成薄饼皮) 梅子姜汤 (祛斑, 瘦身, 抗老化) 活力早餐蔬果汁</p>	<p><u>Anti Aging and Slimming Healthy Meal</u> 7 Days Slimming Vegetable Soup DIY Green Vegetables Po Piah Roll(use Wai San and Pumpkin to make the skin) Plum Ginger (Freckle ,Slimming ,Anti-aging) Vitality Breakfast Vegetable Juice</p>
<p>29/10/14 Wed/星期三 2pm/7pm Fee:\$60 調理机会员:\$30 Anna Phua</p>	<p><u>黑豆浆养生法</u> (高钙, 高蛋白, 瘦身, 补肝肾, 乌发, 美发, 美肤) 黑豆发芽法 (增加3倍蛋白质) 瘦身黑豆浆 黑芝麻豆浆 生发蔬果汁 (改善掉发/秃头) 潘老师DIY五谷米磨法: 山药黑豆乌发酵醋泡黑豆零嘴</p>	<p><u>Black Soya Bean Milk Healthy Living</u> (High calcium,high proteins,slimming,nourish liver and kidney,black and silky hair,smooth skin) Sprouting Black Soya Bean Slimming Black Soya Bean Milk Black sesame Milk Hair-growth Vegetable fruit juice Chef Anna's 5-grain Blend DIY:Mountain Yam and Black Soya Bean Flour(Good for Hair-Growth) Black Beans soaked in Enzyme Vinegar</p>
<p>31/10/14 Fri/星期五 2pm Fee:\$80 Anna Phua</p>	<p><u>高酵素泡菜 (台湾网购最热商品)</u> (帮助消化, 去油脂) 麻辣腌萝卜泡菜 (可变通腌黄瓜/包菜) 黄金泡菜 (可腌大白菜/海带裙菜) 黄金芝麻泡菜 (包菜) 洛神蜜番茄</p>	<p><u>Enzyme Pickles (Top-sales in Taiwan's internet sites)</u>(help digestion,remove fats) Spicy Radish Pickle(Cucumber/Cabbage) Golden Pickle(Pickled Cabbage/Seaweed) Golden Sesame Pickle(Cabbage) Roselle Honey Tomatoes</p>

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6747 0069 or 6294 3588 or 90605747 to book your course now!!!

Profile: Teacher Jenny Chew--- training course conducted by **Natural Diet Guru Popular Mr OuYang Ying** where she started to embark on the path as a **Naturopathic Diet Consultant with cancer patients. Recently, completed the Holistic Nutrition Course conducted VICNW, Canada. Now a certified Nutritionist and also volunteer with VWO for cancer survivors.**

简介: Jenny老师---

在完成亚洲众所周知的天然饮食大师欧英先生所领导的食疗师培训课程后, 珍妮开始走上自然疗法的道路并专為为癌症患者开食疗方,以引导病患者找回健康。日前她也完成由VICNW, 加拿大所开办的整