



## CONTENTS

<u>Recipe Name</u>	<u>Recipe Name</u>
1. A Lil' Ball of Love	31. Feline Flea Proofing
2. A+ Dinner	32. Feline Frenzy
3. Baking Soda Dry Shampoo	33. Feline Hash
4. Beef and Veggie Broth	34. Feline Weight Loss Diet
5. Beefy Goodness	35. Finicky Eaters Meal
6. Better Than Grass Salad	36. Fish Delight
7. Birthday Treat for Kitty	37. Flea Repellent Sleep Pillow
8. Bland Diet for Finicky Felines	38. Food For Felines
9. Canadian Cat Relish	39. Glop (Kitty Pudding)
10. Cat Cookies	40. Grain Free Cat Food
11. Cat Crackers	41. Hairball Remedy
12. Cat Eggs	42. Ham it Up Cat Treats
13. Cat Jelly	43. Healthy Powder
14. Cat Munchie	44. Herbal Flea Powder
15. Cat Wrap	45. Homemade Kitty Treat
16. Catnip Tea	46. Homemade Kitty Yum Yums
17. Cheese Please	47. Homemade Meal
18. Chicken and Pasta Stew	48. Honey Casserole
19. Chicken and Sardines	49. Infant Kitten Formula
20. Chicken Cheeseburger	50. Joyous Cat Food
21. Chicken Crunchies	51. Kedgeriee
22. Chicken Soup	52. Kidney Problems Diet
23. Chicken Stir Fry	53. Kipper Supreme
24. Christmas Treat	54. Kitten Delight
25. Crispy Trout Dinner	55. Kitten Formula
26. Diarrhea Cure	56. Kitten Milk
27. Diet For Kidney problems	57. Kitten Milk, Emergency
28. Fabulous Fishballs	58. Kitties Favorite Treats
29. Fancy Soup	59. Kitty Biscuits
30. Feline Feast	60. Kitty Breakfast

61. Kitty Catnip Cookies
62. Kitty Cookies
63. Kitty Heaven Sardine Surprise
64. Kitty Kisses
65. Kitty Roll Ups
66. Kitty Tacos
67. Kitty Treats
68. Litter Box Cleaner & Disinfectant
69. Litter Box Deodorizer
70. Liver Cookies
71. Mackerel Magic
72. Mackerel Munchies
73. Meat Majesty
74. Meaty Oats
75. Meowli
76. Mince Surprise
77. Mini-Cat Cakes
78. Mouseburger Bites
79. Potatoes Au Feline
80. Precious Kitty Treats
81. Pregnant Cat Diet
82. Salmon Mouse Mousse
83. Salmon Snacks
84. Sardine Heaven
85. Sardine Soup
86. Sardine Surprise Treats
87. Sauteed Liver
88. Special Dinner
89. Super Salmon Smashers
90. Su-Purr Salmon Pate
91. Tuitti Fruitti
92. Tuna Balls
93. Tuna Patties
94. Tuna Pops
95. Tuna Treats
96. You Gotta Have Sole
97. Your Kitty's Kibbles
98. Yum Yum
99. Yummy Cat Food

### **1. A Lil' Ball of Love**

1 can moist cat food  
3 tablespoons cat milk  
1 handful dry food

Mix the canned cat food and milk until sloppy. Then add a handful of dry food and mix. For an added treat for your kitty you can add some tuna as well.

### **2. A+ Dinner**

½ of a carrot  
cat food  
milk  
1 egg

First boil a half carrot when it is soft cut into small pieces then grab a hand full of cat food and add milk and 1 egg into bowl of cat food. (do not put carrots with milk and cat food) Stir till mixed and then add carrots.

### **3. Baking Soda Dry Shampoo**

Did you know that baking soda will clean your dog or cat?

Just rub the baking soda on and be sure to rub into the coat. Let set a few minutes and brush off! The doggy smells will be all gone, and you don't need to get all wet!

### **4. Beef and Veggie Broth**

½ cup raw trimmed beef  
A few tablespoons of beef broth (Preferably not the canned or cubed variety)  
2 tablespoons cooked oatmeal  
1 tablespoon dried barley grass powder (Find at a pet food store)  
1 cooked minced veggie (Your cat's favorite - Carrots are often a favorite)

Cook raw trimmed beef in just enough broth to cover, over medium to low heat. When beef is cooked thru shred with fork and mix with the broth in which it was cooked. Add the minced veggie and the barley grass powder. Stir well. Last add the oatmeal to achieve the consistency that your cat likes. This is a good cat food recipe for indoor pets.

## **5. Beefy Goodness**

- ½ cup raw trimmed beef
- 1 tablespoon beef broth
- 2 tablespoons cooked oatmeal
- 1 tablespoon dried barley grass powder
- 1 cooked minced veggie

Cook raw trimmed beef in just enough broth to cover, over medium to low heat. When beef is cooked thru shred with fork and mix with the broth in which it was cooked. Add the minced veggie (carrots are good with this one) and the barley grass powder. Stir well. Last add the oatmeal to achieve the consistency that your cat likes.

## **6. Better Than Grass Salad**

- 1 small carrot peeled and grated
- ¼ cup peeled and grated zucchini
- ½ cup chopped alfalfa sprouts
- 1 tsp. finely chopped parsley
- ⅛ cup chicken stock
- ¼ tsp dried or fresh catnip

Combine veggies in a medium bowl. Add chicken stock and toss. Sprinkle with catnip and serve at room temperature.

Store left-overs in the refrigerator for up to 3 days.

## **7. Birthday Treat for Kitty**

- 1 - 2 poached fish, preferably salmon, with the skin and bones removed
- 1 tsp. plain yogurt
- Few drops of fresh lemon juice.

Poach the fish. Then mix the yogurt and lemon juice and serve over the cooked fish.

## 8. Bland Diet for Finicky Felines

1 c Chicken, boiled or micro waved  
1/4 c Fresh broccoli, steamed  
1/4 c Shredded carrots, steamed  
Chicken broth

Mix ingredients with enough chicken broth to hold together. This same recipe can be used with fish (broil or microwave until it flakes.) You can also vary the recipe by adding rice or other vegetables

## 9. Canadian Cat Relish

Simmer 500g (1lb.) liver and 500g (1lb) white fish gently in water until cooked.  
Soak one cup of dry cat food in half a cup of tomato juice.  
Drain the liver and fish, remove the bones, but save the liquid.  
Place all ingredients, plus one teaspoon of cod liver oil, in a food processor, using the metal blade.  
Use the saved liquid to adjust the consistency of the mixture to the cat's liking.

## 10. Cat Cookies

1 cup whole wheat flour  
1 tsp catnip  
1/3 cup milk  
1/3 cup powdered milk  
2 tbl butter or vegetable oil  
1/4 cup Soy flour  
1 egg  
2 tbl Wheat germ  
1 tbl Unsulfured molasses

Preheat oven to 350 degrees.  
Mix dry ingredients together. Add molasses, egg, oil and milk. Roll out flat onto oiled cookie sheet and cut into small, cat bite-sized pieces.  
Bake for 20 minutes and let cool. Store the cookies in a sealed container.

## 11. Cat Crackers

6 ounces of undrained tuna  
1 cup cornmeal  
1 cup flour  
 $\frac{1}{3}$  cup water

Preheat the oven to 350 degrees.

Measure all of the ingredients into a bowl and mix thoroughly with your hands.

Roll out to  $\frac{1}{4}$  inch thickness and cut into treat sized pieces.

Place on a greased cookie sheet.

Bake for about 20 minutes or until golden.

Let cool. Give to your cat and watch them gobble it up.

## 12. Cat Eggs

1 or 2 eggs  
dry cat food  
sausage

Cut up the sausage up into small bites take the eggs and put in a bowl and add the cat food and sausage and feed.

## 13. Cat Jelly

3 cups chicken broth  
4-  $\frac{1}{2}$  tbl flour  
 $\frac{1}{4}$  cup carrots --diced into small cubes  
 $\frac{3}{4}$  cup minced meat (cooked) pieces of fish- optional, but it would be better to use this (COOKED)

After the chicken broth has been made, allow it too cool for around 2 minutes. Add all the flour and mix. Some flour might not dissolve but this is absolutely no problem (It will when you heat the mixture later on). Heat broth and flour mixture on high heat until a thick creamy mixture is formed. Immediately add all other ingredients and pour all contents of this meal into the cat's container. Allow it to set into jelly like substance with the carrots, minced meat and fish suspended in it. Serve to the cat.

#### **14. Cat Munchie**

2 eggs  
1 tablespoon milk  
3 tablespoons cottage cheese  
2 tablespoons finely chopped alfalfa sprouts

Mix all ingredients together. Pour into a hot pan with a tablespoon of vegetable oil or butter. When brown at bottom, turn over and brown the other side. Chop into pieces and serve.

#### **15. Cat Wrap**

1 Flour Tortilla  
 $\frac{1}{8}$  C Chicken Broth  
1 C Ground Chicken  
1 t Salt  
 $\frac{1}{8}$  C Cream (Low Fat)

Mix up ground chicken with chicken broth. After mixed, pour the chicken on to the middle of the tortilla. Add salt and cream on top of the chicken and then roll up the tortilla.

#### **16. Catnip Tea**

2 T Catnip  
1 C Water

Put the catnip in a bottle, pour in the water. Put the cap on the bottle, and shake until the catnip tea is green.

#### **17. Cheese Please**

$\frac{1}{2}$  cup grated cheese  
2 tbl plain yogurt or sour cream  
A little oatmeal  
2 tbl margarine or low-fat spread  
Serves one

Mash all of the ingredients together, adding them in the order indicated above, and serve cold. No cooking is required for this dish. Some cats will not take to this dish as it is not meat based: Others will love it.

## 18. Chicken and Pasta Stew

- 2 packages ground chicken (Or turkey)
- 2-3 small carrots, cooked
- 2-3 cups macaroni (Cooked)
- 2 tablespoons vegetable oil
- Garlic

Boil the macaroni until tender. Cook up the chicken in a frying pan. Mix everything together in food processor. Add the oil and the garlic. Mix well.

## 19. Chicken and Sardines

- 1 can sardines in olive oil
- $\frac{1}{4}$  cup whole grain bread crumbs
- 1 egg, beaten
- $\frac{1}{2}$  tsp brewer's yeast
- 2 cooked chicken drumsticks, bones removed

Drain the sardines, reserving the olive oil, and mash. Mix in the bread crumbs, egg and yeast to an even, gooey consistency. Coat the chicken drumsticks evenly in the mixture. Heat the reserved olive oil in a frying pan then add the coated drumsticks and fry, turning frequently, until brown. Remove from the heat, and cool before serving.

## 20. Chicken Cheeseburger

- 2 oz finely ground beef
- 2 oz finely ground chicken
- 1 tbl canned thick chicken soup
- 2 oz whole grain bread crumbs or oatmeal
- 1 baby carrot, cooked until soft
- 1 egg
- $\frac{1}{2}$  cup grated cheese

Mash the meat and chicken with the soup then add the bread crumbs or oatmeal, mushy carrot and egg. Make into two small burgers and broil (leaving much rarer than you would for yourself). Sprinkle with grated cheese and broil again until the cheese is melted. Allow to cool until warm to the touch, and serve.

## **21. Chicken Crunchies (for the kitties)**

1- ½ cups whole-wheat flour  
1- ½ cups rye flour  
1- ½ cups brown rice flour  
1 cup wheat germ  
1 teaspoon dried kelp or alfalfa  
1 teaspoon garlic powder  
4 tablespoons vegetable oil  
1- ½ cups chicken broth or beef broth  
1 pound ground chicken  
1 to 2 tablespoons brewer's yeast  
Preheat the oven to 350 degrees F.

In a large bowl, combine the first six dry ingredients. Slowly add oil, broth and chicken, and mix well. On a lightly floured surface, roll the dough to a thickness of 1/8 inch then place it on a greased cookie sheet. Bake until golden brown.

Cool then break into bite-size pieces. Place pieces in a bag with the brewer's yeast and shake to coat them. Store the leftovers in an airtight container in the refrigerator. Makes 2 to 3 dozen pieces.

## **22. Chicken Soup**

Combine 1 chicken liver, 1 giblet, 1 chicken heart, 1 chicken neck, 2 cups water and 1 tablespoon finely chopped parsley.

Cover and simmer until the giblet is tender.

Chop all the meat for dogs removing bones and mix with kibble; for cats, grind the meat in the blender.

## **23. Chicken Stir Fry**

Dice raw chicken breast. Heat oil in wok or frying pan, and cook the meat quickly over a high flame, stirring all of the time. When the chicken is almost cooked, stir in a few flaked almonds for added crunch.

Allow to cool and serve with a little plain boiled rice.

## **24. Christmas Treat**

1 cup minced leftover turkey  
½ mashed cooked pumpkin  
1 tablespoon oil  
1 tablespoon kelp

Mix together and roll into balls. Feed as treats or give as Christmas presents for your kitty!

## **25. Crispy Trout Dinner**

1 egg yolk  
1 small trout fillet  
3 tbl oatmeal  
1 tbl vegetable oil

Preheat the oven to 350 degrees.

Beat the egg, dip the fish in it, and then coat it with oatmeal. Put the oil in a small baking pan and lay the fillet in it, turning it over once or twice. Bake for 15 minutes, turn over and bake for 15 minutes more. Remove the fish to a dish, allow to cool. Cut into bite-sized pieces.

Serving suggestion: if it looks a little dry, add a dash of cream.

## **26. Diarrhea Cure**

Rice, uncooked, ½ cup  
Consommé, 1 can  
Turkey leg, 1 large  
Water, 2 cups

Boil the whole works until the meat falls off the bone. Allow to cool and cut the meat into very small pieces. Feed about two tablespoons per cat several times a day.

## 27. Diet For Kidney Problems

- 1-<sup>1</sup>/<sub>3</sub> cups (<sup>2</sup>/<sub>3</sub> pound) ground chicken, turkey or lean heart
- 4 cups cooked white rice
- 4 eggs
- 2 tablespoons cold-pressed safflower, soy or corn oil
- 1,500 milligrams calcium
- <sup>1</sup>/<sub>8</sub> teaspoon iodized salt
- <sup>1</sup>/<sub>8</sub> teaspoon potassium chloride (optional, for a saltier flavor)
- 1 teaspoon parsley, finely grated carrot or other vegetable (optional)
- 5,000 IU vitamin A
- Taurine and other cat vitamins (about 5 days' worth)
- 50 milligram level B complex (or 10 milligrams per day)
- 2,500 milligrams vitamin C (<sup>1</sup>/<sub>2</sub> teaspoon sodium ascorbate)

Mix everything together in a large bowl. Serve raw if the cat will accept it. Otherwise, mix all but the vitamins together, bake about 20 minutes in a moderate oven and then wait until it cools to mix in the vitamins. Occasionally, substitute 1 to 3 teaspoons of liver for part of the meat.

## 28. Fabulous Fishballs

- 3 baby carrots, cooked until soft
- 16 oz canned tuna in olive oil, drained
- 2 oz cooked herring, skin removed
- 2 tbl whole grain bread crumbs or oatmeal
- 2-3 tbl grated cheese
- 2 tsp brewer's yeast
- Several pinches of chopped catnip
- 1 egg, beaten
- 2 tbl tomato paste (not ketchup)

Preheat the oven to 350° F. Mash the carrots with the fish, bread crumbs or oatmeal, cheese, brewer's yeast, catnip, egg and tomato paste to an even paste. Mold into small balls and put on a greased baking tray. Bake for 15-20 minutes, checking frequently: the fish balls should be golden brown and feel firm. Cool thoroughly.

## 29. Fancy Soup

- 1 hard boiled egg
- 1 raw egg
- 7 large pinches of garlic
- 1 capful olive oil
- 1 can tuna
- 1 cup water
- rice

Don't use this recipe every day but it's great for those special occasions. Poor in the hard boiled egg, garlic, olive oil, water, and as much rice as you want. Then squeeze the juice out of the tuna can and mix them all together. Chop up the hard boiled egg put everything into pan and once boiling poor in the raw egg. Boil for 5 to 15 minutes and serve. (My cat doesn't like liquid so I had to drain the liquid out of the tuna you can leave it in if desired)

## 30. Feline Feast

- 1 cup of corn meal or Polenta (Cook with 4 cups of water and add to rest of the ingredients which are fed raw.
- 2 eggs
- 2 tablespoons of vegetable oil or butter. (Less if fatty meats are used)
- 2 pounds of minced meat red or white;(liver/heart/kidney/tripe) or fish or a combination.
- 4 tables spoons of 'Supplement' Powder (see below)
- 2 tablespoons of bonemeal (3,000 mg of Calcium or 1-3/4 teaspoon of eggshell powder
- 10,000 units of Vitamin A (fish oils)
- 150 i.u. Vitamin E
- 1 teaspoon of raw fresh veggies with each meal.
- Feed  $\frac{3}{4}$  to 1- $\frac{1}{2}$  cups to your cat with each meal
- Oats (2 cups before cooking) rice, or potatoes (4 cups cooked) can be used in place of corn as a grain substitute or a combination
- Always add about 500 mg of Taurine to cat recipes if you cook the meats.

### SUPPLEMENT POWDER:

- 2 cups of nutritional yeast or brewers yeast
- $\frac{3}{4}$  cup of Kelp powder
- 1 cup of Lecithin powder
- 1000 mg of Vitamin C (or  $\frac{1}{4}$  teaspoon of Sodium ascorbate)

Mix together; refrigerate and use in the above recipe.

### **31. Feline Flea Proofing**

Add to the food for each adult cat:

½ level teaspoon brewer's yeast

¼ level teaspoon garlic powder

### **32. Feline Frenzy**

½ C Dry cat food

1 Can wet cat food

2 t Cat milk

Scoop the wet dinner in to Kitty's food dish and mush it up so it is in little pieces with Kitty's fork.

Pound dry cat food with potato masher on the ziplock bag. Sprinkle the pounded food onto the wet dinner.

Suck up the first bit of cat milk with an eye dropper and put it on the dry food and wet dinner and follow with the last bit of cat milk.

Put into the microwave for 5 seconds and serve to your kitty!

### **33. Feline Hash**

1 cup cooked ground beef

½ cup cooked brown rice

6 tbl. alfalfa sprouts

<sup>3</sup>/<sub>4</sub> cup cream-style cottage cheese

Mix together and serve.

### **34. Feline Weight Loss Diet**

1 pound of minced or chunky lean meat: turkey, chicken heart etc. with a little liver from time to time.

1 cup of cooked rice or 1- ½ cups 10 oz. Or cooked potatoes

½ cup oat or wheat bran or vegetables such as peas, beans carrots and corn

1 teaspoon of vegetable oil

1, 800 mg of calcium, 1 tablespoon of bonemeal or 1 teaspoon of eggshell powder

Cat vitamins

### **35. Finicky Eaters Meal**

1 cup chicken, boiled or microwaved  
1/4 cup fresh broccoli, steamed  
1/4 cup shredded carrots, steamed  
Chicken broth

Mix ingredients with enough chicken broth to hold together. This same recipe can be used with fish (broil or microwave until it flakes.) You can also vary the recipe by adding rice or other vegetables.

### **36. Fish Delight**

2 eggs  
1-2 cups milk  
2 tablespoons supplemental powder  
1 tablespoon bone meal  
2,500 IU vitamin A  
100-200 IU vitamin E  
200 mg Taurine (cat vitamin tablet)  
1 tablespoon fresh raw veggies  
1 tablespoon vegetable oil  
1 can mackerel or tuna  
4 slices brown bread

Blend together eggs, milk and supplements then mix well with fish and bread. Serve raw or baked for 20 minutes or so at 180 C

### **37. Flea Repellent Sleep Pillows**

2 parts sage or rosemary  
1 part catnip  
1 part chamomile

Herbs may be used cut or whole. Mix enough to stuff a 2-foot square pillow for a cat or a 3-foot square (or larger) pillow for a dog. Sew the pillowcase out of a tough, washable fabric such as denim.

### **38. Food for Felines**

1/3 cup cottage cheese  
2 tbl Bisquick  
1 tbl chopped liver  
1 tbl corn oil  
1 Dash iodized salt

Mix all together for 1-2 delicious cat servings

### **39. Glop (Kitty Pudding)**

This pudding is rich in calcium and can be fed as a supplement for weaning kittens, lactating queens, or sick cats. It can also be used to put weight on show cats.

- 0.35oz (10 grams) unflavored gelatin
- 8.45oz (250ml) boiling water
- 8.45 oz (250ml) evaporated milk (or goat's milk)
- 2 egg yolks (discard the whites)
- 2 tablespoons high calorie mayonnaise
- 2 tablespoons plain yogurt
- 2 tablespoons corn syrup
- 1 capsule acidophilus (or use acidophilus yogurt)
- Cat vitamins

Dissolve gelatin in 8.45oz (250ml) boiling water and leave to cool. Add all remaining ingredients to cooled gelatin. Place the mixture in the refrigerator. The mixture will gel as it cools and can be scooped out as required. Warm the mixture slightly in the microwave before serving. Do not return heated mixture to the main supply. Mixture can be kept in the refrigerator for seven days or frozen until needed.

### **40. Grain Free Cat Food**

- 1 pound ground turkey, chicken or beef
- $\frac{1}{3}$  cup grated carrots
- $\frac{1}{3}$  cup broccoli chopped in blender
- $\frac{1}{4}$  cup liver purried in blender
- 4-8 vitamins tablets powdered

Mix all together. Put in ice cube trays and freeze. Take out and thaw as needed

### **41. Hairball Remedy**

Papaya capsules

Empty one capsule into wet food every day for about 3 days.

## 42. Ham It Up Cat Treats

1 jar (2- ½ ounces) strained ham baby food  
5/8 cup wheat germ  
5/8 cup non-fat milk powder  
1 egg, beaten

Preheat oven to 350 degrees.

Spray cookie sheet with vegetable oil spray.

Mix baby food, wheat germ, milk powder, and egg in medium bowl.

Drop by ½ teaspoonfuls onto prepared baking sheet.

Bake 12 to 15 minutes.

Remove from oven and let cool on wire rack.

Store baked treats in airtight container or plastic bag and place in refrigerator or freezer.

Makes: 2-½ to 3 dozen

Note: Beef or chicken baby food may be substituted for ham baby food.

## 43. Healthy Powder

2 cups nutritional (torula) yeast  
1 cup lecithin granules  
¼ cup kelp powder  
¼ cup bonemeal (or 9,000 milligrams calcium or 5 teaspoons eggshell powder)  
1,000 milligrams vitamin C (ground) or ¼ teaspoon sodium ascorbate (optional)

Mix all ingredients together in a 1-quart container and refrigerate. Add to each recipe. You may also add this mixture to commercial food as follows: 1 to 2 teaspoons per day for cats.

## 44. Herbal Flea Powder

1 part eucalyptus powder  
1 part pennyroyal powder (use sage or rosemary for cats)  
1 part fennel powder  
1 part yellow dock powder

Combine all ingredients in a shaker top jar and shake to mix.

Apply to your pet's fur by brushing backward with your hand or comb and sprinkling the powder into the roots of the hairs. Concentrate on the neck, back, and belly.

Use just enough to add a little odor to the hairs.

For severe flea infestations, treat daily; otherwise, use two or three times a week.

#### **45. Homemade Kitty Treat**

½ cup dry cat food  
¼ cup warm water or milk  
3 tablespoons catnip

Put the cat food and milk in the bowl and mix well. Pour out any extra water. Sprinkle the catnip over the mixture and mix well. If you like you may bake in a 350 degree oven for 15 min.

#### **46. Homemade Kitty Yum Yums**

½ C Dry cat food  
¼ C Warm water or milk  
3 T Catnip

Put the cat food and milk in the bowl and mix well. Pour out any extra water. Sprinkle the catnip over the mixture and mix well. If you like you may bake in a 350 degree oven for 15 min.

#### **47. Homemade Meal**

¼ pound liver (beef, chicken or pork only)  
2 large hard-cooked eggs  
2 cups cooked white rice without salt  
1 tablespoon vegetable oil  
1 teaspoon (5 grams) calcium carbonate  
⅛ teaspoon potassium chloride (salt substitute)  
Also add a balanced supplement which fulfills the feline MDR for all vitamins and trace minerals and 250mg taurine/day.

Dice and braise the meat, retaining fat.  
Combine all ingredients and mix well. This mixture is somewhat dry and the palatability may be improved by adding some water.

#### **48. Honey Casserole**

1 Can Tuna  
1 t Honey  
Cat's favorite food  
Additional toppings

Combine together and feed

#### **49. Infant Kitten Formula**

- 1 can evaporated milk (or 1 can goat's milk)
- 1 cup Pedialyte (or generic equivalent, unflavored)
- 1 whole egg
- 1 packet unflavored gelatin
- ½ teaspoon liquid infant vitamins

Blend together. Heat small amounts in microwave to "wrist comfortable" temperature immediately before administering. Store leftovers in refrigerator no longer than 72 hours. Blend before serving each time.

To administer, use a syringe without needle or use a kitten feeding bottle. Start with small amounts and work up gradually as kitten grows. Administer once every two hours during first two weeks, every three during third week, every four during fourth week. During fourth week, start blending a small can of high quality ground kitten food into the mixture.

#### **50. Joyous Cat Food**

- ½ C Milk
- 3 slices of meat, 2 veggies, or 4 crab sticks
- 1 Egg
- ½ C Flour

Mix all ingredients and use cookie cutter to cut into small shapes. Cook at 350 F, until golden brown

#### **51. Kedgerree**

- ⅓ cup white rice
- 1 tbl margarine or low-fat spread
- 3oz canned tuna or smoked mackerel, skinned and boned
- ½ hard-boiled egg, shelled and finely chopped
- yolk of 1 egg
- ½ tbl pouring cream

Cook and drain the rice. While the rice is cooking, gently fry the chopped tomato in the margarine until soft. Add the fish and the egg and continue cooking, stirring all the time with a wooden spoon. Mix the rice, still over the heat, and stir everything seems steamy hot. Blend in the egg yolk, then the cream. After a last few stirs, tip onto a plate and allow to cool.

## 52. Kidney Problems Diet

- 4 parts carbohydrate: Pureed barley flakes and/or baby food creamed corn
- 2 parts protein: Lightly broiled chicken or beef or raw organic egg yolk and cooked white- used with meat, not alone (you can also use baby food chicken)
- 1 part vegetable: Chopped or finely grated raw vegetable or vegetable juice- carrots, zucchini, and alfalfa sprouts are ideal
- 2 tablespoons Vita-Mineral Mix
- 2 teaspoons soft butter

Blend the above ingredients together and store in glass jar. Each day mix the following into each meal or administer by dropper after the meal:

- $\frac{1}{8}$  teaspoon mixed mineral powder
- $\frac{1}{16}$  teaspoon Pet Tonic (a B vitamin and iron tonic available from the veterinarian) or  $\frac{1}{2}$  of a low-potency B complex capsule (10 mg level)
- $\frac{1}{4}$  teaspoon or  $\frac{1}{2}$  tablet mixed digestive enzymes

Once a week give:

- 400 units of vitamin E (alpha tocopherol)
- A capsule containing 10,000 units vitamin A and 400 units vitamin D.

## 53. Kipper Supreme

- 4 oz cooked kipper
- 1 cup leftover cooked root vegetables
- 2 eggs
- a little milk
- $\frac{1}{2}$  cup grated cheese

Preheat the oven to 325 degrees.. Mash together the fish and vegetables. Put the mixture into an oiled baking pan. Beat the eggs, milk and cheese together, and pour on top of the fish mixture. Bake for about 20 minutes, until the outside is firm but the inside is reasonably soft. Remove from the oven and allow to cool.

## 54. Kitten Delight

- $\frac{1}{3}$  Slice of bread
- $\frac{1}{8}$  C Milk
- $\frac{1}{8}$  C Chicken broth

Mix milk and chicken broth. Tear the bread into tiny bits, then add to mixture. Heat in the microwave for approximately 1 minute. When finished let cool, then serve to kitten.

## 55. Kitten Formula

- 1 can evaporated milk (or 1 can goat's milk)
- 1 cup Pedialyte (or generic equivalent, unflavored)
- 1 whole egg
- 1 packet unflavored gelatin
- ½ teaspoon liquid infant vitamins

Blend together. Heat small amounts in microwave to "wrist comfortable" temperature immediately before administering. Store leftovers in refrigerator no longer than 72 hours. Blend before serving each time.

To administer, use a syringe without needle or use a kitten feeding bottle. Start with small amounts and work up gradually as kitten grows. Administer once every two hours during first two weeks, every three during third week, every four during fourth week. During fourth week, start blending a small can of high quality ground kitten food into the mixture.

## 56. Kitten Milk

- 13 ounces unflavored Pedialyte
- 12 ounces evaporated milk
- 8 ounces plain yogurt (1% milkfat NOT light)
- 2- ½ ounces lamb baby food
- 2 egg yolks
- 2 tablespoons Karo white corn syrup

Put all ingredients into a blender and mix well.

Put milk into Nurse-Maid pet nursing bottle (found at Wal-Mart) and heat to lukewarm. Test on the inside of your wrist. Be sure to stir the milk in the container each time before you refill the bottle.

Put remaining milk into 8 ounce containers and freeze until needed. Two-week-old kittens will drink about ½ ounce every 4 hours. Four-week-old kittens will drink about 1 to 1- ½ ounces every five hours.

## 57. Kitten Milk, Emergency

- 12 oz. boiling water
- 1 envelope Knox unflavored gelatin
- Dissolve the gelatin in the boiling water, and add:
  - 1-12 oz. can evaporated canned milk
  - 2 tablespoons mayonnaise
  - 2 tablespoons plain yogurt
  - 1 tablespoons light corn syrup
  - 1 egg yolk

Mix well in mixer. Place in covered bowl and store in refrigerator. Warm a small amount for feedings. This will keep for about 7 days.

## 58. Kitties Favorite Treats

- 1- ½ cups cooked chicken or turkey
- 1 large egg
- 2 Tbl. chicken broth
- 1 cup cornmeal
- ½ cup whole wheat flour

In a blender or processor whirl chicken, egg and broth until smooth. Scrape into bowl. Add cornmeal and ½ cup flour, stir until moistened. Cover dough and refrigerate at least 2 hrs. Then roll out 1/4 in thick on lightly floured board. Cut into ½ in squares or triangles. Scatter on 3 greased 12 x 15 baking sheets. Bake at 350 until golden (about 15 min.) Remove from oven, stir in pans and let cool. Refrigerate airtight up to 2 weeks, freeze for longer storage. Makes about 3 cups.

## 59. Kitty Biscuits

- 1 pound liver, organs, or other meat
- 2 cups old-fashioned oatmeal
- 2 cups bran
- ¼ cup cooking oil

Preheat oven to 250 degrees F.

Cover meat with cold water and bring to a boil. Immediately lower heat and simmer for 30 minutes. Remove meat from water and let cool; retain water.

When meat is completely cool, chop into 1-inch pieces and grind in food processor, chop in a blender, or process through a meat grinder until it is finely ground. Mix ground meat, bran, oatmeal, and oil, adding the cooking water from the meat as necessary to make a thick dough. Avoid using any more liquid than needed to make a dough that is coarse and just wet enough to work with. Shape the dough into flattened balls or little bone shapes and arrange on an oiled baking sheet. Bake for 3 hours. Then, turn off the heat and let the biscuits cool in the oven to ensure they are hard and crunchy.

Let the biscuits air dry for 24 hours and store in an airtight container on the shelf for up to 4 weeks.

NOTE: When making this recipe for cats, shape the biscuits into tiny bits for easy chewing.

HINT: A good idea for getting the meat for this recipe is to save organs from chickens, turkeys, etc. in a plastic bag in the freezer until you have enough to make this yummy treat.

## 60. Kitty Breakfast

3 eggs  
2 tbl. milk  
3 tbl. grated cheese  
1 tbl. margarine

Beat eggs and yolks together. Stir in the grated cheese.  
Melt the margarine in a frying pan until sizzling. Add the egg mixture, stirring continuously until cooked.

## 61. Kitty Catnip Cookies

1 cup whole-wheat flour  
2 tablespoons wheat germ  
 $\frac{1}{4}$  cup soy flour  
 $\frac{1}{3}$  cup confectioners' milk  
1 tablespoon kelp  
 $\frac{1}{2}$  teaspoon bonemeal  
1 teaspoon crushed dried catnip leaves  
1 tablespoon unsulfured molasses  
1 egg  
2 tablespoons oil, butter or fat  
 $\frac{1}{3}$  cup milk or water

Mix the dry ingredients together. Add the molasses, egg, oil, butter or fat and milk or water. Roll out flat on an oiled cookie sheet and cut into narrow strips or ribbons. Bake at 350°F for 20 minutes or until lightly toasted.

Break into pea-size pieces, suitable for cats. Good for treats, exercising gums and cleaning teeth, but too low in protein to use for regular fare.

## 62. Kitty Cookies

1 cup whole wheat flour  
 $\frac{1}{4}$  cup soy flour  
1 teaspoon catnip  
1 egg  
 $\frac{1}{3}$  cup milk  
2 tablespoons wheat germ  
 $\frac{1}{3}$  cup powdered milk  
1 tablespoon unsulfured molasses  
2 tablespoons butter or vegetable oil

Preheat oven to 350 degrees.  
Mix dry ingredients together. Add molasses, egg, oil and milk. Roll out flat onto oiled cookie sheet and cut into small, cat bite-sized pieces.  
Bake for 20 minutes. Let cool and store in tightly sealed container.

### **63. Kitty Heaven Sardine Surprise**

- 2 Flat cans of sardines in oil (do not drain)
- $\frac{2}{3}$  C Cooked rice
- 1 T Pureed liver (or canned liver cat food)
- $\frac{1}{4}$  C Chopped parsley

Combine all ingredients and mix well. Shape into balls of desired size or simply spoon into cat's dish and serve. These treats may be stored in the refrigerator for up to three days, and may also be frozen.

### **64. Kitty Kisses**

- 1 Can (or bag) of cat food
- Ziploc bag with the corner cut
- cat nip (optional)

Put cat food and optional cat nip in A blender or food processor and mix until it looks to be like frosting.

Put the mixture into the Ziploc bag and squeeze little droppings, or "kisses" onto a cookie sheet and bake in 300 degrees F. Time depends on how big the kisses are. Small are about 15 minutes.

### **65. Kitty Roll Ups**

- 1 flour tortilla
- $\frac{1}{8}$  cup chicken broth
- 1 cup ground chicken
- 1 teaspoon salt
- $\frac{1}{8}$  cup of cream (low fat)
- Mixing bowl

Mix up ground chicken with chicken broth inside the mixing bowl. After these are mixed, pour the chicken onto the middle of the tortilla.

Add 1 teaspoon of salt and  $\frac{1}{8}$  cup of cream on top of the chicken.

Now roll up only two sides of the tortilla until they reach each other. Fold the other sides on top of the rolled up sides until they touch.

Serve to your cat!

## 66. Kitty Tacos

- ½ lb. ground beef
- 1 tablespoon tomato paste
- 1 teaspoon corn oil
- 1 corn tortilla, cut into kitty-bite-size pieces
- ½ teaspoon bone meal
- ½ teaspoon brewers' yeast
- ½ teaspoon iodized salt
- 2 tablespoons cheddar cheese, grated

Heat skillet and start browning ground beef. When meat is half cooked, add bell pepper. Cook the mixture until onions are translucent, and the meat golden brown.

On low heat, stir tomato paste, corn oil, chopped tortilla, bone meal, brewers' yeast, and salt. Stir until heated through.

Cool and serve topped with grated cheese. Yields 2-3 servings.

Store unused portions in an airtight container and keep refrigerated. This may be fed to your cat once or twice a week.

## 67. Kitty Treats

- 1- ½ cups rolled oats
- ¼ cup vegetable oil
- ½ cup flour
- ½ cup tuna oil, chicken broth or beef bouillon

Preheat oven to 350 degrees F.

Mix all ingredients into a dough.

Dust hands with flour and form small, 1/2-inch thick, round biscuits.

Set on greased cookie sheet.

Bake 30 minutes or until biscuits are slightly browned.

Cool 30 minutes before serving.

## **68. Litter Box Cleaner and Disinfectant**

1 tablespoon liquid hand soap or scented liquid castile soap  
1 tablespoon chlorine bleach  
1 ½ cups water

Add soap and bleach to a 1-pint plastic spray bottle.

Add water and shake. Spray the empty, rinsed box thoroughly and let it sit for 2 minutes.

Rinse, dry, and refill with litter.

HELPFUL HINT:

Spray the litter box with Pan Stick Spray to keep the litter from sticking to the litter pan.

## **69. Litter Box Deodorizer**

1 (16 ounce) box baking soda  
4 teaspoons dried mint

Add the baking soda and mint to kitty litter. Stir it up, and keep it clean.

## **70. Liver Cookies**

Preheat oven to 350 degrees F.

Combine ½ cup dry milk and ½ cup wheat germ; drizzle 1 teaspoon honey on top.

Add one 3-1/3 oz. jar of strained liver baby food or homemade blended liver and stir until everything is well mixed. Form the mixture into balls; place them on an oiled cookie sheet and flatten them with a fork.

Bake 8 - 10 minutes.

Consistency should be fudgy.

Store in a jar in the fridge; freeze if keeping more than a few days.

### **71. Mackerel Magic**

- 2 slices of unsmoked bacon, broiled
- 1 cup cooked brown rice
- 2 tsp soy sauce, Worcestershire or fish sauce
- 1 fresh mackerel, headed, tailed, cleaned and scaled

Chop the bacon up small and mix with the rice, adding the sauce in dashes as you go. Broil the mackerel on both sides until crispy brown. Allow to cool, then split it along the stomach and gently open it out. Bone, working from the head to tail. Fill with the rice and bacon mixture, close over the sides of the mackerel and serve.

### **72. Mackerel Cat Munchies**

- ½ cup canned mackerel, drained
- 1 cup whole-grain bread crumbs
- 1 tablespoon vegetable oil
- 1 egg, beaten
- ½ teaspoon brewer's yeast, optional

Preheat oven to 350 degrees F.

In a medium-size bowl, mash the mackerel with a fork into tiny pieces. Combine it with the remaining ingredients and mix well. Drop mixture by ¼ teaspoonsful onto a greased cookie sheet. Bake for 8 minutes. Cool to room temperature and store in an airtight container in the refrigerator.

### **73. Meat Majesty**

- ¼ can whitefish + tuna dinner wet cat food
- ¼ can beef wet cat food
- ¼ can chicken in gravy wet cat food
- ¼ can salmon wet cat food
- A bit dry cat food

Mix together and feed. Put the rest in the fridge to keep fresh

## 74. Meaty Oats

- 4 cups of rolled oats cook until soft, then add to the rest of the ingredients, which are fed raw.
- 2 eggs
- 2 pounds of minced lean beef, or other meats e.g. chicken, turkey, heart, rabbit, or lamb
- 1 tablespoon of 'Supplement' powder (see below)
- 2 tablespoons of bonemeal or 4,000 mg Calcium or 2 teaspoons of eggshell powder
- 2 tablespoons of vegetable oil
- 10,000 i.u of Vitamin A from for example cod liver oil
- 150 i.u of Vitamin E
- 1 teaspoon of fresh raw vegetables e.g. carrot, spinach, herbs etc.

This will make about 12 cups of which you feed 1 to 2 cups a day depending on how large and active your cat is. Some liver can be added to the recipe but do not use just liver as the only meat.

### Supplement Powder

- 2 cups of nutritional yeast or brewers yeast
- 1/4 cup of Kelp powder
- 1 cup of Lecithin powder
- 1000 mg of Vitamin C (or 1/4 teaspoon of Sodium ascorbate)

Mix together and refrigerate and use in the above recipe.

## 75. Meowli

- 1 tablespoon oats
- 1/2 banana, mashed
- 2 tablespoon plain yogurt
- 1/2 cup orange juice
- 1/4 apple, chopped
- 2 ounces berries in season

Mix oats and bananas, blending well.

Add yogurt, orange juice and apple immediately to prevent browning.

Mash berries and add to mixture.

Serve in small portions (1 tablespoon per cat); too much fruit can cause diarrhea in a digestive system that is not used to it.

## 76. Mince Surprise

100 gms Meat (minced)  
3 T Rice  
1 T Broth or gravy

Fry the meat for 15 minutes or until nice and red. Add a little water incase it gets stuck to the pan. Then add the rice along with another spoon of water if you want the meal to be soupy. Stir in the gravy or broth, depending on kitty's taste. Remove from heat, and let cool then serve.

Diced chicken may be substituted in place of th e minced meat.

## 77. Mini Cat Cakes

2 cups whole wheat flour  
½ cup soybean flour  
1 cup skimmed milk or water  
1 tablespoon honey  
1 tablespoon Canola or Sunflower oil  
1 teaspoon sea salt

Mix dry ingredients. Add liquid and honey. Mix and let the dough rest in a warm place for 15 minutes. Add oil and allow to sit another ½ hour. Take walnut size portions of dough and flatten into small cakes. Bake in oven at 400 degrees for ½ hour.

## 78. Mouseburger Bites

3 oz sausage meat or finely ground beef  
2 tbl oatmeal  
1 egg, to bind  
whisker of catnip, finely chopped

Serves one

Knead the ingredients together very thoroughly and form into a flat oval. Broil under a medium heat for 5-7 minutes, turning frequently, until the outside is crisp. Wait until cool, then slice into bite-sized chunks.

### **79. Potatoes Au Feline**

- 3 cups boiled sliced potatoes
- 2 tbl grated vegetables
- ½ cup creamed cottage cheese
- 1 tbl Nutritional yeast
- 2 tbl grated carrots
- ¼ cup whole milk
- 1/ 4 cup grated cheese

Layer the first 5 ingredients into a casserole dish. Then pour the milk on top of all; sprinkle with cheese. Bake about 15 minutes at 350F until cheese melts and slightly browns. Serve cool.

As a potato substitute, you can use 3 cups of cooked oatmeal or 3 cups cooked brown rice.

### **80. Precious Kitty Treats**

- 1 12-oz can salmon with liquid
- 1 egg
- ½ cup flour
- ½ cup instant oatmeal, ground in a blender

Combine the salmon and egg in a blender; mix until smooth. Add the oatmeal and blend well. Spray cooking spray on a 9-by-13inch pan and spread the mixture in the pan. Bake at 350 degrees for 30-35 minutes. Cool, then cut into bite-sized squares. Store in the freezer. Makes about 24 treats.

### **81. Pregnant Cat Diet**

- 1 cup of Corn flour or Polenta cook with water to give 4 cups (Couscous, oats or millet can be used in stead)
- 2 eggs
- 4 cups minced turkey (chicken, heart or lean beef/lamb or rabbit)
- 4 tablespoons of Supplement Powder (see above)
- 1- ½ teaspoons of bonemeal
- 2 tablespoons of vegetable oil,
- 5,000 i.u. of vitamin A
- 100 i.u. vitamin E
- Raw vegetables: 1 teaspoon with each meal.

## 82. Salmon Mouse Mousse

- 4 oz cooked salmon, skin and bones removed
- ½ cup skimmed milk
- 1 tbl margarine, softened or low fat spread, creamed
- 1 drop red food coloring
- several cooked, shelled shrimp
- up to ½ cup prepared gelatin

Mash the cooked salmon and gradually add the milk; alternatively put the cooked salmon and the milk in a blender or food processor and process until creamy. Stir in the margarine or low-fat spread, add the food coloring, and beat vigorously until stiff.

Put in a glass bowl or a mold so that the mixture fills it by three-quarters. Chill for 20 minutes, then decorate with the cooked shrimp, and pour on just enough heated gelatin to cover them.

Once this layer has set, add further gelatin to taste and leave for an hour in a cool place or the fridge. To serve, turn the mousse out onto a plate and divide into portions.

## 83. Salmon Snacks

- Salmon (cooked)
- Cat treat
- Dry cat food

Cut a little slice of cooked salmon. Make sure it is still moist, though.

Next, take your kitty's favorite treat and push it into the moist salmon.

Take some dry cat food and crush a small amount up. Sprinkle the crushed food on the Salmon Snak.

## 84. Sardine Heaven

- 1 can sardines in oil
- <sup>2</sup>/<sub>3</sub> cup of rice (cooked)
- liver
- parsley and/or turmeric

Add all ingredients together. You may wish to cook the ingredients, depending on whether your cats like fresh meat or cooked meat. Store unused portion in fridge.

### **85. Sardine Soup**

2 canned sardines  
pat of butter  
1 cup water  
few stalks of watercress  
fish sauce (optional)

Put the sardines and the pat of butter into a heavy-based frying-pan and place on a medium heat. As the pan warms and the butter melts, mash the sardines into it. When the butter has completely melted, pour in the water and stir as it comes to a boil. Thoroughly shred the watercress and toss into the pan. Remove the pan from the heat and allow to cool. Puree, and add a dash of fish sauce.

### **86. Sardine Surprise Treats**

2 flat cans of sardines in oil (Do not drain)  
2/3 cup cooked rice  
1 tablespoon pureed liver  
1/4 cup chopped parsley

Combine all ingredients and mix well. Shape into balls of desired size or simply spoon into cat's dish and serve. These treats may be stored in the refrigerator for up to three days, and may also be frozen.

### **87. Sauteed Liver**

Heat 1 teaspoon corn oil in a pan.

Add ¼ lb. beef liver and fry on both sides until cooked but not dry inside.

Add ½ cup water to the pan and mix it up with all the brown bits.

Grind the liver in a blender, using the pan juices.

## 88. Special Dinner

(good for cats with diabetes or kidney problems)

- 1 egg
- 1 tablespoon minced, cooked green beans
- 1 teaspoon shredded carrot (if you substitute other vegetables, avoid the ones with a lot of natural sugars)
- 2 tablespoons baked chicken breast (no skin) minced
- 1/3 cup cooked brown rice (unrefined; wild rice is good)
- 1 tablespoon olive oil (good for preventing hair balls and constipation - common to diabetics)

Mix all of the ingredients thoroughly with a wooden spoon or in a blender/food processor. It's important to get the rice mixed in well so that it can't be picked out.

(Diabetics need fiber and cats with kidney failure problems need to limit their protein intake so this serves two purposes.)

Cook in a small Pyrex skillet over low heat, stirring and "chopping" constantly, until the egg is at least soft-set but done.

Refrigerate in air-tight containers, such as Tupperware, Rubbermaid, or Zip-Lock baggies.

Use within 36 hours (refrigerated).

Stores well in the freezer in Zip-Lock baggies and can be thawed and warmed simultaneously in boiling water in the bag.

## 89. Super Salmon Smashers

- ½ Ready smoked salmon (if your cat is big/hungry you can do more)
- Milk or cat milk
- Ham
- Ready sliced cheese

Pour a little of the milk into a saucer. Place the salmon into the milk & let each side soak for 10-15 mins. Wrap the ham & cheese round the salmon and give it to your cat!

### **90. Su-Purr Salmon Pate**

- 1 (6 ounce) can boneless, skinless salmon
- ¼ cup bread crumbs
- ½ cup finely chopped celery
- 1 egg, beaten
- 1 envelope unflavored gelatin
- ½ cup water

Preheat oven to 325 degrees F.

Combine all ingredients and mix well. Pack into a small fish-shaped mold (or other small mold) and bake for 45 minutes.

Serve at room temperature.

### **91. Tuitti Fruitti**

- 1 teaspoon cantaloupe, minced
- 1 teaspoon watermelon, minced
- 1 teaspoon seedless grapes, minced
- 2 teaspoons cottage cheese

In a bowl, combine the fruit and cottage cheese.

Serve as a treat.

### **92. Tuna Balls**

- 1 Can Drained tuna
- ½ C Cut turkey or chicken
- ⅔ c Dry Cat Food
- Sliced vegetables (optional)

Mix all ingredients in small bowl until well mixed.

Form into small balls or anything your comfortable with.

Chill for about an hour. After that cover the balls in bread crumbs or anything crumbly

### 93. Tuna Patties

- 1 can tuna
- ½ cup boiled rice
- ¼ cup pureed liver
- 2-3 sprigs parsley chopped

Drain the tuna and mix everything together. Make 6-7 balls and then pat them into patties. Store in the fridge and serve to your cat. This is one cat treat recipe that your feline friend won't be finicky about.

### 94. Tuna Pops

Drain liquid from tuna packed in spring water. Freeze liquid in small ice cube trays (cocktail ice cube trays work nicely, as well as little square pill boxes available at most drug stores - only fill these half full). Give no more than 2 cubes at 1 time as a treat. Reuse your can of drained tuna by placing in it an airtight container and covering with filtered water overnight for a second batch of tuna-pop water.

### 95. Tuna Treats

- ½ cup whole wheat flour
- ½ cup nonfat, dry, powdered milk
- ½ can tuna, in oil
- OR ½ cup cooked chicken, chopped into small pieces
- 1 Tablespoon vegetable oil OR cod liver oil
- 1 egg, beaten
- ¼ cup water
- Catnip (Optional)

Preheat oven to 350 degrees and grease cookie sheets with cooking spray. In a large bowl, mash the tuna(or chicken)into smaller pieces. Then add flour and milk. Mix well. After all is mixed pour in water and oil. Mix well again. Now, beat egg in a separate dish until egg gets a foamy texture. Add to mix. Mix well. The dough mix will be sticky, so don't worry. Using your fingers shape dough into small bite size balls, about the size of a marble. Put balls on greased cookie sheets. Flatten.

Bake for 10 minutes. Remove treats from oven wait five minutes and turn treats over so other side will cook. Bake 10 more minutes or until golden brown in color. Place treats on cookie rack to cool. Cool for 15 minutes.

## 96. You Gotta Have Sole

½ lb fillet of sole  
2 tbl onion, chopped  
2 tbl parsley, chopped  
salt and pepper  
water  
1 tbl butter  
1 tbl flour  
½ cup milk  
¼ cup cheddar cheese, grated  
2 tbl liver  
½ teaspoon iodized salt  
⅔ cup cooked noodles, cut into kitty-bite-size pieces (or cooked rice)

Put sole in a small, greased baking disk. Sprinkle with onion, parsley, and a dash of salt and pepper. Add enough water to just cover the bottom of the dish. Cook in a preheated 450 oven for 10 minutes. Remove from oven, cool, and cut into kitty-bit-size pieces. Melt butter in small saucepan. Stir in flour and heat until bubbling. Gradually stir in milk and cook, stirring constantly until mixture thickens. Add cheese, liver, and salt; stir until cheese has melted.

DO NOT BOIL. Add chopped fish and noodles to cheese sauce and stir well. Cool and serve. Yields 4 to 6 servings.

Store unused portions in an airtight container and keep refrigerated.

## 97. Your Kitty's Kibbles

3 cups whole wheat flour  
2 cups soy flour  
1 cup wheat germ  
1 cup cornmeal  
1 cup nonfat dry milk  
½ cup brewer's yeast  
1 (15 ounce) can mackerel  
5 tablespoons vegetable oil  
1 tablespoon cod liver oil  
2 cups of water or as needed

Preheat oven to 350 degrees.

Mix all the dry ingredients in a large bowl. In another bowl, mash the mackerel into small pieces. Mix in the oil and water. Add the mackerel mixture to the dry ingredients and mix thoroughly. The dough is tough, so use your hands. Roll dough out to about ¼" thickness and cut into ¼" bits, using a knife or pizza cutter. Mound the bits onto greased cookie sheets and bake for 25 minutes. During baking, occasionally toss the bits with two wooden spoons, so they brown evenly. Turn the heat off and allow the treats to cool thoroughly before removing and storing in an airtight container in the refrigerator. This recipe freezes very well for longer storage.

## 98. Yum Yum

Canned cat food  
vegetables (carrots & broccoli work well)

Since my cat won't eat much and I wanted her to try some veggies I cooked them and buried them into her regular food. She ate around them for the first couple a nights but eventually ate the vegetables as well.

## 99. Yummy Cat Food

3 cups raw or lightly cooked ground meat (beef, chicken, turkey, or lamb)  
1 cup raw or slightly cooked organ meat (kidney, liver, heart, lung)  
1 raw turkey neck, ground or finely chopped (be sure not to cook)  
1 cup well-cooked grain (oats, rice, barley or cornmeal)  
½ cup well cooked vegetable (broccoli, zucchini, carrots, squash or green beans)  
1 raw egg  
1 teaspoon olive oil or flax seed oil

Mix all ingredients together, and then divide into individual portions.

The less you cook the ingredients, the more nutritional it will be for you cat. If you freeze the individual portions, they will keep for several weeks and you can defrost one a day. When thawing, try not to use the microwave or another cooking method, since this will reduce nutrient levels. Instead, let food thaw overnight in the refrigerator. To warm it, place the food in a plastic bags with zipper closure, then immerse the bag into hot (not boiling) water for 10 minutes.

The amount of food prepared with this recipe should last for about 5 days for a adult cat of normal size. Your cat may eat more or less at each meal; use common sense to decide on severing size. Because this mixture is slightly lower in calories than dry cat food, you will need to serve slightly more of it in comparison