

Fresh kibble helps keep teeth and gums healthy.

Serve kibble by coating it with a little baby food (squash) and a slight dusting of nutritional yeast (the pale yellow kind). Sometimes we add coatings such as nori flakes or catnip.

Serving with *Prozyme® Plus* enzymes enables maximum digestion (decreasing required food by 25%).



Approximate Nutritional Analyses for Recipe Variations (Dry Weight Basis)

Recipe made with	Calcium	Fat	Magnesium	Phosphorus	Protein
VegeYeast	.78%	11.0%	.114%	.66%	26.4%
Nutritional yeast (pale yellow)	.75%	11.0%	.126%	.63%	28.8%



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Quick Start

These measurements are one-half those that are in the Vegecat™ supplement instruction sheet. Yield is about 2¼ pounds (1020 g).

Equipment

- Large mixing bowl and strong spoon for mixing
- 1 or 2 cup measure (or gram scale)
- Rolling pin: 2½" (6.3 cm) diameter or larger makes for easier rolling
- 8" chef knife (20 cm) or larger
- Cutting board
- Large cookie sheets (non-stick preferred), one for each oven rack
- Scraper (to scrape bowl and counter)
- Oven: conventional or convection
- An optional *Cushion Strip* from *Compassion Circle* helps cushion your palm against the knife's ridge as you cut kibble



Recipe Ingredients

Vegecat™ supplement, tomato paste, squash (baby food) or canned pumpkin, yeast powder, bread flour, whole wheat flour, vital wheat gluten flour (75% protein), and vegetable oil such as high oleic safflower, peanut, sunflower, sesame, soybean, or corn.

Kibble, step by step

1. Preheat oven to 325° F. (160° C).
2. In a large bowl, mix together:

1½ cups (350ml) water

3½ tbs. (52ml/48g) oil

2 tbs. (30ml/32g) tomato paste or pasta sauce (preferably without sugar)

3. Stir in the following dry ingredients, forming a dough stiff enough for rolling out as in making a pie crust.

1¾ cups (425ml/215g) Whole Wheat Flour

1 cup (250ml/145g) Bread Flour

2/3 cup (160ml/95g) (Vital) Wheat Gluten Flour

¾ cup (175ml/120g) Yeast Powder

3 tbs. (41ml/41g) **Vegecat™** supplement

Optional: parsley, catnip, imitation bacon-bits, etc.



Preparation

Flour hands and counter top to keep dough from sticking. Empty the bowl onto the counter top. Knead the dough by folding it on itself several times until smooth, proceeding as if making a pie crust.



Roll dough to no more than ½” (1.25cm) thick to fit cookie sheet, and smooth into place, kneading into corners. You may want to roll it even thinner, spreading on two cookie sheets for smaller kibble pieces.

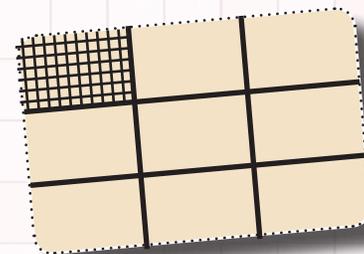
Baking

Don't bake so long that the edges get brown and brittle.

1. Bake for 15 minutes.
2. Remove from oven and flip each half-baked piece over by putting an empty cookie sheet on top, hold both together with pot holders, and flipping over. Bake 10 more minutes.

Cutting and Drying

1. With a large chef's knife or pizza cutter cut newly baked slab into 9 (or 12) parts (on a cutting board). Cut twice horizontally, and then cut vertically 2 or 3 times.



2. Cut each of the resulting rectangles into kibble sized pieces by cutting first in one direction, and then the other. Piece sizes are determined by the size of your cat. Cats roll the food around their mouth in eating, so small is better.



3. Separate kibble pieces onto two or more cookie sheets and place in a warm oven (at its lowest temperature) for 2-3 hours until crunchy dry. Kibble is dried enough when you can't compress pieces with finger pressure.

If the weather permits, placing soft kibble in direct sunshine makes for energy efficient drying.