



Vegecat Vegekibble Mix™

Congratulations on purchasing what many consider the healthiest program for feeding cats available today. Start with fresh ingredients, and prepare food as you do for other family members. No preservatives or animal derived products are necessary.

Vegecat KibbleMix™ contains VegeYeast, the unique high acid and low magnesium yeast that is beneficial for all cats. KibbleMix™ itself contains very little magnesium.

All variations of these recipes meet nutritional requirements according to the Association of American Feed Control Officials (AAFCO) Cat Food Nutrient Profile for adult maintenance.

Familiarize yourself with the kibble making process by reading these instructions in their entirety, before making your first batch. That way you'll be prepared for each step.

Actual preparation time need take little more than one-half hour (not counting the actual baking time). Of course it'll take longer the first time you do it, but succeeding times will go faster (with your cats' encouragement).

Kittens and queens

Vegecat KibbleMix™ is not for growth. Kittens (to 8-12 months old) and queens need Vegekit™ for growth and lactation.

For convenience, adults may be fed with Vegekit™ in those households with both kittens and adult cats. Switch to Vegecat™ or Vegecat KibbleMix™ when cats are one year old.

Transition gradually

Mix a small amount of the new food with the old and adjust the proportions over a period of days. If necessary, you could mix in pulverized commercial kibble into the kibble dough.

It is important that your cat eat enough for good health. A fast less than a day won't hurt, but don't let this become a battle of wills with your cat losing out.

Enzyme power

Since enzymes (the life force) are heat sensitive, we recommend the addition of plant-derived enzymes (lipases, amylases, proteases, and cellulases) to any cooked food. Prozymes Plus™, available from Harbingers, maximizes the absorption of valuable nutrients by up to 71%. This is especially important on the vegetarian diet.

It's easy to add enzymes at mealtime. Put them a shaker and sprinkle a little in just before serving. A little goes a long ways. One-third teaspoon is enough for a whole cup of food. Elderly cats could do well on double that amount.

A little raw food doesn't supply enough enzymes to compensate for cooked food.

Flours for kibble

Use any wheat flour. However, for cats with a history of urinary problems, use bread flour, since it is lower in magnesium than whole wheat, and contains the the same 14% protein. All purpose flour can also be used, although it is lower in protein.

Cats utilize protein for calories, and do well on a high protein diet. If you have a choice of whole wheat flours, choose the one with higher protein.

Hard red winter wheat contains 14% protein, durum contains 16%, and hard red spring contains 18%.

Oils

Preferred oils: olive, high oleic safflower, sunflower, sesame, soybean, and corn.

Vegetables

Kibble is made more palatable by coating with vegetables. A spoonful of pumpkin (from a can) mixed with a little hot water makes a great coating, topped off with some nutritional (yellow) yeast. Baby foods lend themselves to this purpose. There are other possibilities as well, such as sweet potatoes, or smoothly blended corn (without sugar).

Cats may appreciate some of the same foods that you enjoy yourself, used in small amounts as flavorings.

Nutritional Yeast

Nutritional yeast tastes cheese-like, and comes in flakes, or powder. It is light yellow colored. Cats enjoy its flavor so much that it makes feeding this vegan diet much easier.

Optional additions

Spirulina (a blue-green micro algae) appeals to many cats. Use it sparingly since it is so alkaline.

Small amounts of crumbled nori may appeal to choosy cats as well as a imitation bacon bits (available without MSG). Summertime treats might be cantaloupe (alone) or fresh corn on the cob.

Other possibilities include stevia (a sweet herb), imitation meat flavorings, soy sauce, and pasta sauces. Changing seasonings introduces variety and keeps mealtimes enjoyable occasions.

Soft stools

With some cats, you may find that stools are looser than normal. This sometimes occurs when dietary change occurs. If stools don't firm up properly, try adding a little (about 1/4 teaspoon) slippery elm bark to each meal. Another good herb for this purpose is marshmallow root.

Try to keep the food on the dry side. Feeding food that has too much moisture can contribute to looser stools.

Service with a smile

Feed cats several to many times per day to assure adequate food. Coating meals with a little nutritional yeast really can make a difference in getting cats to eat this diet.

Cats want fresh food. Stale, soggy, or old food isn't appreciated. Serve in clean bowls and always keep fresh water (clean enough for you to drink) always available.

Portion sizes

Cats are good judges of how much food is

required. They eat for energy requirements, and not for pleasure. Let your cat guide you as to the amounts to feed.

Feed cats from 3 to 6 times per day.

Analyses are by dry weight, averaged for recipe variations. Measurements are rounded.

To convert grams to ounces, divide by 28.4. There are 16 ounces to a pound. 1000 grams equals 2.2 lbs.

Utensils

A 1-cup and an 8-cup measuring cup are handy, or a scale.

Have on hand: three large cookie sheets, an oversize rolling pin, large cutting board and at least an 8" chef knife.

A *Cushion Strip* (available from Harbingers) will add comfort to your palm, when cutting out the kibble pieces.

Oven temperatures

If you use a convection oven, decrease oven temperatures by 10%.

Preheat the oven and bake at 325°F (160°C). After cutting out the soft kibble sized pieces, dry them at the lowest oven temperature which is usually 175-200°F (80-94°C). Sunshine also works.

Read the following instructions once through before proceeding further to grasp the procedure for measuring and making kibble. It isn't difficult, and becomes easier with familiarity.

Making the *Premix* saves a lot of time for

future batches, but you *don't* have to start there. You could start with the *15-Day Kibble Recipes*.

Premix

Premix 5 pounds (2268g) of Vegecat KibbleMix™ with flour to save time.

A four or five gallon plastic container with a tight lid (from a hardware store) makes it easy to combine and store this convenient Premix.

Add the following amounts of flour, and then follow the instructions for mixing and baking the *15-Day Kibble Recipes*, using the Premixed Dry Ingredient measurement.

If Using All Purpose Flour

Add and mix together:

5 pounds (2267g), 13 2/3 cups (3230ml) Vegecat KibbleMix™

6 lbs. (2720g), 21 3/4 cups (5145ml) All Purpose Flour

If Using Bread Flour or Whole Wheat (WW) Flour

Add and mix together:

13 2/3 cups / 5 pounds (3230ml/2267g) Vegecat KibbleMix™

21 1/4 cups / 6 lbs. 7 oz. (5020ml/2010g) Bread **OR** Whole Wheat Flour

15-Day Kibble Recipes

Follow the instructions for the type of wheat flour you are using.

All Purpose Flour Measurements

Add and mix together:

3 1/4 cups / 19 ounces (770ml/540g) Vegecat KibbleMix™

5 1/8 cups / 1 lb. 7 oz. (1225ml/645g) All Purpose Flour

OR 2 lbs. 10 oz. (1185g), 8 3/8 cups (1990ml) PreMix (consisting of Vegecat KibbleMix™ with flour)

Stir in the following liquids to make a stiff dough:

1/3 cup (85ml/80g) oil

Tomato paste

1/2 cup / 4 1/8 oz. (110ml/120g) tomato paste

4 cups (950ml) water (approximate) sufficient to form dough with the consistency of pie crust

Proceed to *Baking the Kibble*

Whole Wheat Flour or Bread Flour Measurements

Add and mix together in a large bowl:

3 1/4 cups / 19 ounces (770ml/539g), Vegecat KibbleMix™

5 cups / 1 lb. 8 oz. (690g/1365ml) Bread or Whole Wheat Flour

OR 8 1/3 cups / 2 lbs. 11 oz. (1960ml/1230g) PreMix (consisting of Vegecat KibbleMix™ with

flour)

Stir in the following liquids to make a stiff dough:

1/3 cup oil (90ml/78g)

1/2 cup / 4 1/8 oz. (110ml/120g) tomato paste,

Water sufficient to form dough with the consistency of pie crust (about 4 cups)

Proceed to *Baking the Kibble*

Baking The Kibble

Begin by mixing all the ingredients together in a large bowl by stirring

with a strong wood spoon (or something similar).



Next, flour your hands as well as the countertop. Empty the bowl of rough dough onto your clean countertop.

Work the dough by kneading it and bending it back on itself, just as if making pie crust dough.

When the dough is elastic and smooth, divide

it into two (or three) parts.

Roll out each part as even as possible to fit a large cookie sheet.

Prick with a fork every few inches to prevent bubbles from forming during baking.

Place in pre-heated oven and bake for 20 minutes.

Remove from oven and flip each "half-baked" piece over. Do this by putting an empty cookie sheet on top, holding both sheets together (with pot holders to avoid burning your hands), and carefully flipping both over.

Bake for 20 more minutes



(again, don't brown the edges). Remove from oven and proceed to cutting the kibble before the kibble has a chance to cool down very far. The cooler it becomes the more difficult it is to cut.



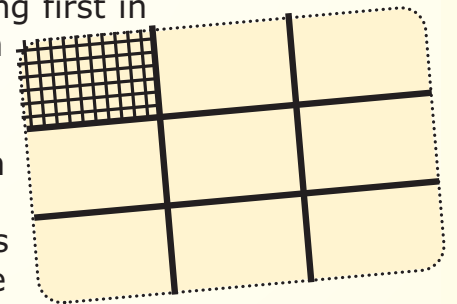
Cutting the kibble

Use a large chef's knife to cut each large kibble "cookie" into 9 (or 12) parts (on a cutting board).

An inexpensive *Cushion Strip* (available from HOANA), can help protect your palm from the hard edge of the knife.

Cut twice horizontally, and cut two or three times vertically. Cut each of the resulting rectangles into kibble sized pieces (like a miniature checkerboard) by cutting first in one direction, and then the other.

As you cut the pieces, spread them on an empty cookie sheet for drying. If the pieces stick together, separate them. If they stick together a lot, it probably means that they should have baked a little longer, or the dough wasn't rolled thin enough.



If you cut the pieces too large they become difficult to eat, since a cat rolls the food around in its mouth.

Drying the kibble

Place soft kibble into a warm oven at it's lowest temperature for two or three hours until crunchy dry. Hot sunshine accomplishes the same thing (when available).



Store in convenient containers with lids. Refrigeration is unnecessary for properly dried kibble.



Nutrient Analyses for Recipe Variations

Recipe	Cal.	Fat	Mag	Phos	Pro.
AP	.62%	9.4%	.074%	.52%	26.0%
Bread	.60%	10.0%	.074%	.50%	26.5%
WW	.60%	9.9%	.134%	.63%	27.0%

The above table lists nutrient content for Calcium, Fat, Magnesium Phosphorus, and Protein. "AP" equals all purpose Flour, "Bread" equals bread flour and "WW" equals whole wheat flour.

Urinary tract disorders

About ten percent of all cats are adversely affected by high dietary magnesium and can have urinary problems. For those cats, avoid using whole wheat flour recipes.

If you wish to feed soft type foods (lentils, chickpeas, tofu, etc.) Vegecat pH™ is made especially for cats susceptible to urinary problems. It contains an acidifier, successfully preventing most urinary obstructions.

Of course, kibble is best made using this Vegecat KibbleMix™, since the magnesium content is so low when it is made with either all purpose or bread flour.

Success is yours

Making kibble becomes a routine like many others. It needn't take much time, and the rewards in health and peace of mind of priceless.



Cuddles and Jewie enjoy their kibble

Jewie is 10 years old, and in perfect health.

She gave up any pretense of hunting a few years ago. Vegecat™ kibble is all she cares for, as well as the very healthy Cuddles, who is now 5 years old.



Jewie

I can't imagine feeding any of our companion animals a commercially prepared food, packaged in a factory a long time ago and many miles distant. With our cats and dog vegan, the link to the slaughterhouse is broken.

How many dogs and cats are still feeding from the waste trough of slaughterhouses? ...over 100 million companion animals in USA alone! Fifty percent (by weight) of all animals killed for human food end up neatly packaged as pet food. They are the body parts removed with knives and chain saws as "not fit for human consumption."

Love is best expressed in harmlessness. For

those who would nurture the companionship of another species, especially canines and felines, there need be no compromise. This need not be calculated. It comes from the heart.

Vegepet™™ products can be a part of a life of integrity. After 16 years, and hundreds of success stories, we know that getting away from slaughterhouse products is not only possible, but a healthier way of life for all. Not only for the animals, but the planet and all those trying to elevate their consciousness.

Walk lightly on the earth, and make the earth a better place for having done so.

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