

**Kitty Snacks & Meals**  
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## **1. 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!**

## **2. BEEF AND VEGGIE BROTH**

**1/2 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**

### **3. BETTER THAN GRASS SALAD**

**1 small carrot peeled and grated  
1/4 cup peeled and grated zucchini  
1/2 cup chopped alfalfa sprouts  
1 tsp. finely chopped parsley  
1/8 cup chicken stock  
1/4 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.**

### **4. 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.**

## **5. 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.**

## **6. CAT CRACKERS**

**6 ounces of undrained tuna  
1 cup cornmeal  
1 cup flour  
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 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.**

## **7. CAT JELLY**

**A lovely recipe for cats and an instant hit with cats too!  
Directions**

**3 cups chicken broth  
4-1/2 tbl flour  
1/4 cup carrots --diced into small cubes  
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.**

## **8. CHEESE PLEASE**

**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.**

## **9. 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.**

## **10. CHICKEN AND SARDINES**

**1 can sardines in olive oil**

**1/4 cup whole grain bread crumbs**

**1 egg, beaten**

**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.**

## **11. 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**

**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.**

## **12. CHICKEN CRUNCHIES (for the kitties)**

**1-1/2 cups whole-wheat flour  
1-1/2 cups rye flour  
1-1/2 cups brown rice flour  
1 cup wheat germ  
1 teaspoon dried kelp or alfalfa  
1 teaspoon garlic powder  
4 tablespoons vegetable oil  
1 1/2 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.**

### **13. 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.**

### **14. 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.**

## **15. DIARRHEA CURE**

**Rice, uncooked, 1/2 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.**

## **16. DIET FOR KIDNEY PROBLEMS**

**1-1/3 cups (2/3 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**

**1/8 teaspoon iodized salt**

**1/8 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 (½ 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.**

## **17. EMERGENCY KITTEN MILK**

**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.**

## **18. 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\*. 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.**

## **19. 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 3/4 to 1-1/2 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**

**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; refrigerate and use in the above recipe.**

## **20. FELINE FLEA PROOFING**

**Add to the food for each adult cat:**

**1/2 level teaspoon brewer's yeast**

**1/4 level teaspoon garlic powder**

**21. FELINE HASH**

**1 cup cooked ground beef**

**1/2 cup cooked brown rice**

**6 tbl. alfalfa sprouts**

**3/4 cup cream-style cottage cheese**

**Mix together and serve.**

**22. 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 1-1/2 cups 10 oz. Or cooked potatoes**

**1/2 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**

## **23. 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.**

## **24. FLEA REPELLENT SLEEP PILLOWS**

**For cats**

**2 parts sage or rosemary  
1 part catnip  
1 part chamomile**

**For dogs**

**2 parts pennyroyal  
1 part thyme  
1 part wormwood**

**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.**

**25. 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**

**26. 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.**

## **27. HAM IT UP CAT TREATS**

**1 jar (2-1/2 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 1/2 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 2-1/2 to 3 dozen**

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

## **28. HEALTHY POWDER**

**2 cups nutritional (torula) yeast**

**1 cup lecithin granules**

**1/4 cup kelp powder**

**1/4 cup bonemeal (or 9,000 milligrams calcium or 5 teaspoons eggshell powder)**

**1,000 milligrams vitamin C (ground) or 1/4 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 or small dogs; 2 to 3 teaspoons per day for medium-sized dogs; 1 to 2 tablespoons per day for large dogs.**

## **29. 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.**

### **30.           HOMEMADE MEAL**

**1/4 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  
1/8 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.**

### **31.           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  
1/2 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.**

## **32. 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:**

**1/8 teaspoon mixed mineral powder**

**1/16 teaspoon Pet Tonic (a B vitamin and iron tonic available from the veterinarian) or 1/2 of a low-potency B complex capsule (10 mg level)**  
**1/4 teaspoon or 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.**

### **33. KIPPER SUPREME**

**4 oz cooked kipper**  
**1 cup leftover cooked root vegetables**  
**2 eggs**  
**a little milk**  
**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.**

### **34. KITTEN MILK**

**13 ounces unflavored Pedialyte**  
**12 ounces evaporated milk**  
**8 ounces plain yogurt (1% milkfat NOT light)**  
**2-1/2 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 1/2 ounce every 4 hours. Four-week-old kittens will drink about 1 to 1-1/2 ounces every five hours.**

**You can find a less expensive brand of Pedialyte at Wal-Mart.**

## **35. KITTY TREATS**

**1-1/2 cups rolled oats**  
**1/4 cup vegetable oil**  
**1/2 cup flour**  
**1/2 cup tuna oil, chicken 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.**

**36. KITTIES FAVORITE TREATS**

**1-1/2 cups cooked chicken or turkey**

**1 large egg**

**2 Tbl. chicken broth**

**1 cup cornmeal**

**1/2 cup whole wheat flour**

**In a blender or processor whirl chicken, egg and broth until smooth. Scrape into bowl. Add cornmeal and 1/2 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 1/2 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.**

**37. KITTY BISCUITS**

**1 pound liver, organs, or other meat**

**2 cups old-fashioned oatmeal**

**2 cups bran**

**1/4 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.**

## **38. 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.**

### **39. KITTY CATNIP COOKIES**

**Source: Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats**

**1 cup whole-wheat flour**  
**2 tablespoons wheat germ**  
**1/4 cup soy flour**  
**1/3 cup confectioners' milk**  
**1 tablespoon kelp**  
**1/2 teaspoon bonemeal**  
**1 teaspoon crushed dried catnip leaves**  
**1 tablespoon unsulfured molasses**  
**1 egg**  
**2 tablespoons oil, butter or fat**  
**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.**

#### **40. KITTY COOKIES**

**1 cup whole wheat flour**

**1/4 cup soy flour**

**1 teaspoon catnip**

**1 egg**

**1/3 cup milk**

**2 tablespoons wheat germ**

**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.**

#### **41. KITTY HEAVEN (SARDINES AND RICE)**

**2 cups flat cans of sardines in oil**

**2/3 cup cooked rice**

**1 tbl liver**  
**1/4 cup parsley, chopped**

**Combine all ingredients. Stir with a wooden spoon to break up sardines into bite-sized pieces. Store unused portion in refrigerator, tightly covered.**

#### **42. KEDGEREE**

**1/3 cup white rice**  
**1 tbl margarine or low-fat spread**  
**3oz canned tuna or smoked mackerel, skinned and boned**  
**1/2 hard-boiled egg, shelled and finely chopped**  
**yolk of 1 egg**  
**1/2 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.**

#### **43. 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.**

#### **44. KITTY ROLL UPS**

**1 flour tortilla**

**1/8 cup chicken broth**

**1 cup ground chicken**

**1 teaspoon salt**

**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 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!**

#### **45. KITTY TACO**

**1/2 lb. ground beef**  
**1 tablespoon tomato paste**  
**1 teaspoon corn oil**  
**1 corn tortilla, cut into kitty-bite-size pieces**  
**1/2 teaspoon bone meal**  
**1/2 teaspoon brewers' yeast**  
**1/2 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.**

#### **46. KITTY TREATS**

**1-1/2 cups rolled oats**  
**1/4 cup vegetable oil**  
**1/2 cup flour**  
**1/2 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.**

**47. LITTER BOX CLEANER AND  
DISINFECTANT**

**1 tablespoon liquid hand soap or scented liquid castile soap**

**1 tablespoon chlorine bleach**

**1 1/2 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.**

**48. 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.**

#### **49. LIVER COOKIES**

**Preheat oven to 350 degrees F.**

**Combine 1/2 cup dry milk and 1/2 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.**

#### **50. 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.**

**51. MACKEREL CAT MUNCHIES**

**1/2 cup canned mackerel, drained  
1 cup whole-grain bread crumbs  
1 tablespoon vegetable oil  
1 egg, beaten  
1/2 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 1/4 teaspoonsful onto a greased cookie sheet. Bake for 8 minutes. Cool to room temperature and store in an airtight container in the refrigerator.**

**52. 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.**

**53.                   MEOWSLI**

**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.**

#### **54. MINI-CAT CAKES**

**2 cups whole wheat flour  
1/2 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 1/2 hour. Take walnut size portions of dough and flatten into small cakes. Bake in oven at 400 degrees for 1/2 hour.**

## **55.           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.**

## **56.           POTATOES AU FELINE**

**3 cups boiled sliced potatoes**  
**2 tbl grated vegetables**  
**1/2 cup creamed cottage cheese**  
**1 tbl Nutritional yeast**  
**2 tbl grated carrots**  
**1/4 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.**

## **57.           PRECIOUS KITTY TREATS**

**1 12-oz can salmon with liquid**

**1 egg**

**1/2 cup flour**

**1/2 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.**

## **58.           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)**

**1-1/2 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.**

**59. SALMON MOUSE MOUSSE**

**4 oz cooked salmon, skin and bones removed  
1/2 cup skimmed milk  
1 tbl margarine, softened or low fat spread, creamed  
1 drop red food coloring  
several cooked, shelled shrimp  
up to 1/2 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 decorated 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.**

**60. SARDINE HEAVEN**

**1 can sardines in oil  
2/3 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.**

## **61. 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.**

## **62. 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.**

### **63. SAUTEED LIVER**

**Heat 1 teaspoon corn oil in a pan.**

**Add 1/4 lb. beef liver and fry on both sides until cooked but not dry inside.**

**Add 1/2 cup water to the pan and mix it up with all the brown bits.**

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

### **64. 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.**

## **65. SU-PURR SALMON PATE**

**1 (6 ounce) can boneless, skinless salmon  
1/4 cup bread crumbs  
1/2 cup finely chopped celery  
1 egg, beaten  
1 envelope unflavored gelatin  
1/2 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.**

## **66. TUNA PATTIES**

**1 can tuna**

**1/2 cup boiled rice**

**1/4 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.**

## **67. 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.**

## **68. TUNA TREATS**

**1/2 cup whole wheat flour**  
**1/2 cup nonfat, dry, powdered milk**  
**1/2 can tuna, in oil**  
**OR 1/2 cup cooked chicken, chopped into small pieces**  
**1 Tablespoon vegetable oil OR cod liver oil**  
**1 egg, beaten**  
**1/4 cup water**  
**Catnip (Optional, but my cats LOVE IT!)**

**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.**

## **69. YOU GOTTA HAVE SOLE**

**1/2 lb fillet of sole**

**2 tbl onion, chopped**

**2 tbl parsley, chopped**  
**salt and pepper**  
**water**  
**1 tbl butter**  
**1 tbl flour**  
**1/2 cup milk**  
**1/4 cup cheddar cheese, grated**  
**2 tbl liver**  
**1/2 teaspoon iodized salt**  
**2/3 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.**

## **70. 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**  
**1/2 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 1/4" thickness and cut into 1/4" 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.**