

kind). Examples of additional coatings could be spirulina, nori flakes, or catnip.

Mixing in *Prozyme® Plus* enzymes at meal time enables maximum digestion (cats will require 25% less food) plus other benefits.



kibble press above is available from:  
<http://www.ppepets.com/litrbicu.html>



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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# VEGECAT<sup>phi</sup><sub>TM</sub>

## SUPPLEMENT

# KIBBLE

### *Quick Start*

These measurements are one-half those that are in the Vegecat phi<sup>TM</sup> instruction sheet and makes about two pounds of kibble for adult cats.

### Equipment

Large mixing bowl and strong spoon for mixing  
 1-2 cup measure (or gram scale)

8" chef knife (20cm) or larger

An optional *Cushion Strip* from *Harbingers* helps cushion your palm against the knife's ridge

Rolling pin: 2 ½" (6.3cm) diameter or larger for easy rolling

Cutting board or mat

Large cookie sheets, non-stick preferred

Scraper (handy to scrape the bowl and counter top)

Oven: conventional or convection



### Ingredients

Vegecat phi<sup>TM</sup> supplement, tomato paste, squash (baby food) or canned pumpkin, yeast powder, bread flour, whole wheat flour, 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 the following together:

**1¼ cup (235ml) 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**  
**⅔ cup (160ml/95g) wheat gluten flour (75% protein)**  
**¾ cup (175ml/120g) yeast powder**  
**3 tbs. (43ml/43g) Vegecat phi™**  
**2 tsp. (9ml/8g) baking powder**

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

## Preparation

Flour hands and counter top to keep dough from sticking. Empty the bowl contents 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. Roll it especially thin if using the yellow kibble press illustrated on the next page.

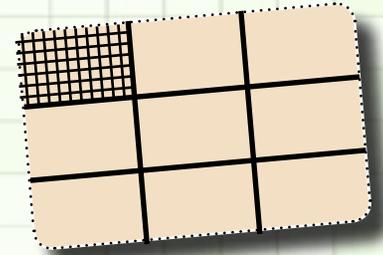
## Baking

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 in their mouth so small is better.

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



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

Fresh kibble helps keep teeth and gums healthy.

Serve kibble by coating it with a little baby food (squash)