

its lowest temperature. Hot sunshine works equally as well.

Dry until the pieces are brittle and don't yield to finger pressure.

9. Refrigeration is unnecessary for properly dried kibble.

Store in small, covered containers for convenience.

Dry Ingredients for 11 Days

1 ½ cups (365ml/220g) wheat gluten flour (75% protein)

1 ½ cups (340ml/200g) bread flour

2 ⅝ cups (610ml/220g) whole soy flour

⅔ cup (165ml/110g) yeast powder

¼ cup (60ml/65g) Vegekit™

1 Tbs. (12ml/11g) baking powder

The following recipes are all for a 3-day supply (except for Garb & Soy, which is for 2½ days).

2. Garb & Soy

Protein 37.1%, Fat 13.6%, Mg .145%

1 ¼ cups (290ml/290g) canned chickpeas (garbanzo beans)

OR 1 ¼ cups (300ml/205g) home-cooked chickpeas, starting with ½ cup (110ml/95g) uncooked

1 cup / 8 ½ oz. (225ml/240g) firm tofu

OR 1 ⅞ cups / 4 oz. (260ml/110g) TVP™ (measured before reconstituting)

⅓ cup (80ml/55g) yeast powder

4 tsp. (19ml/18g) oil

1 ¼ Tbs. (18ml/20g) Vegekit™

Don't add the following salt (or soy sauce) if using canned chickpeas containing salt

⅓ tsp. (.4 ml/.5g) salt

OR 1 ¼ tsp. (3 ml/4g) soy sauce

Drain and mash the chickpeas. Mix all ingredients together, storing in small containers.

Serve with nutritional yeast, and other favorite flavorings such as imitation bacon bits, catnip, or nori flakes.

3. Lentil & Soy

Protein 35.2%, Fat 24.2%, Mg .18%

1 ⅓ cup [320ml/265g] cooked lentils, starting with a little less than ½ (.46) cup [110ml/90g] uncooked

⅞ cups / 7 ½ oz. (195ml/210g) firm tofu

OR ⅞ cups / 3 ⅓ oz. (220 ml/95g) TVP™ (measured before reconstituting)

3 ⅓ Tbs. (50ml/35g) yeast powder

4 tsp. (20ml/18g) oil

1 Tbs. (15ml/16g) Vegekit™

⅛ tsp. (½ ml/.6g) salt

OR ¾ tsp. (4 ml/4g) soy sauce

Seasonings

Cook lentils until just soft. Mix drained lentils with other ingredients. Serve as in #2.

4. Rice & TVP™

Protein 31.9%, Fat 9.9%, Mg .20%

1 ⅓ cups (310ml/255g) cooked brown rice starting with ⅔ cup (100ml/75g) uncooked

OR 1 ⅓ cup (325ml/240g) cooked par-boiled rice, starting with ⅔ cup (90ml/70g) uncooked

OR 1 ¼ cup (300ml/200g) cooked white rice, starting with ⅔ cup (90ml/70g) uncooked

1 cup / 3 ½ oz. (225ml/95g) TVP™ (measured before reconstituting)

¼ cup (65ml/45g) yeast powder

1 Tbs. (16ml/15g) oil (if using brown or par-boiled rice)

OR 4 tsp. (20ml/18g) oil (if using white rice)

1 Tbs. (14ml/15g) Vegekit™

Combine all ingredients. Serve with a little yeast powder.

5. Rice & Tofu

Protein 32.5%, Fat 20.4%, Mg .16%

1 cup (230ml/190g) cooked brown rice starting with ⅓ cup (75ml/60g) uncooked

OR 1 ⅛ cup (260ml/190g) cooked par-boiled rice, starting with ⅓ cup (75ml/60g) uncooked

OR 1 cup (250ml/170g) cooked white rice, starting with ⅓ cup (75ml/60g) uncooked

1 cup / 9oz. (240ml/255g) firm tofu

⅓ cup (65ml/45g) yeast powder

1 Tbs. (16ml/15g) oil

1 Tbs. (13ml/15g) Vegekit™

⅛ tsp. (.6ml/.8g) salt

OR 1 tsp. (4ml/5g) soy sauce

Combine all ingredients. Serve with a little yeast powder and favorite seasonings.

6. Oat & Tofu

Protein 32.5%, Fat 20.4%, Mg .16%

2 ⅓ cups (565ml/560g) cooked oats starting with 1 ⅛ cup (260ml/90g) uncooked

1 cup / 9 ½ oz. (250ml/270g) firm tofu

¼ cup (60ml/40g) yeast powder

3 tsp. (16ml/15g) oil

1 Tbs. (15ml/16g) Vegekit™

⅛ tsp. (½ ml/.6g) salt

OR ¾ tsp. (4 ml/4g) soy sauce

Combine all ingredients. Serve with a little yeast powder and favorite seasonings.



Harbingers of a New Age (*hoana*)

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VEGEKIT™ SUPPLEMENT

for kittens
and pregnant or lactating cats

Adult cats

Adult cats may be fed the same food as kittens without harm. Kittens are best switched to Vegecat™ meals at about one year old.

Make the change gradually

Mix a small amount of the new food with the old and adjust the proportions over a period of days.

It is important that your cat eat enough for good health. A short fast won't hurt, but don't let this become a battle of wills with your cat becoming the loser.

Lower urinary tract disease

Avoid whole grains since magnesium is found in the seed coat.

Add 500mg of ascorbic acid (vitamin C) per day to meals to help prevent infection and acidify urine.

Add sufficient salt to meals to ensure that plenty of fresh water is consumed.

Consult with your veterinarian if you suspect FLUTD, since it can be life threatening.

Kibble is best

Other recipes are easier to prepare, but take the time to learn to make kibble. Once a routine is established, it need take little more than about one-half hour preparation time for a 11-day supply.

Cats love its crunch, and it helps keep the breath fresh and teeth and gums healthy. Serve coated with baby food coatings or canned pumpkin (diluted with a little water), or a mashed favorite vegetable.

Enzymes, for live-fooders

Since enzymes (the life force) are heat sensitive, we recommend the addition of plant-derived enzymes) lipase, amylase, protease, and cellulase) to any cooked food. Prozyme® Plus, available from Harbingers, maximizes the absorption of valuable nutrients by up to 71%, especially important on the vegetarian diet.

Adding a little raw food is fine but it does not supply enough enzymes to make up for the bulk of the cooked food.

Gluten

Gluten is the protein portion of wheat. Properly prepared, cats love it for its meat-like texture and flavor.

It is sold as seitan or as “mock” meats. Oriental grocers stock a variety of canned wheat gluten products. If the gluten is oily, cut back on the oil called for in the recipe.

Wheat gluten Flour

Kibble recipes require gluten flour. It is the protein part of wheat and commonly labeled vital wheat gluten (75% protein).

Enhancing Palatability

Small amounts of crumbled nori and well washed chopped dulse are two seaweeds that have proven to enhance palatability.

Try adding a some imitation bacon bits (available without MSG) or catnip flakes. Served by themselves, cantaloupe or corn on the cob are special treats in summertime.

Yeast

Yeast is important for high quality protein, B vitamins, and flavor. Prior to serving semi-moist food, dust chunks with yeast. VegeYeast (available from us) is a special kind of brewers yeast, made especially for cats. Its high acid content and low magnesium content make it superior for the urinary system.

Nutritional yeast tastes cheese-like, and comes in flakes, or powder. For maxi-flakes, double the volume (not the weight) measurement. Brewers yeast can also be used. For those cats who prefer the taste of nutritional yeast to VegeYeast use VegeYeast in the recipes for health benefits, but coat the food with nutritional yeast for the cheese flavor that most cats love.

Oils

Choose oils from the following: olive, high oleic (not regular) safflower, peanut, sunflower, or sesame. Unrefined oils are best.

Soy

Textured vegetable protein (TVP™) from soy is commonly available, sometimes with “meat” flavors. It must be reconstituted prior to use by mixing in ¾ cup boiling water mixed in with each cup and stirring.

Use only tofu made with calcium sulfate (not nigari) which is lower in magnesium for urinary health.

Portion sizes

These recipes, based upon a 4 ⅞ pound (2.2 Kg) 20-week old kitten, supply 130 calories per Kg of body weight for the number of days that are indicated. Caloric requirements for cats vary according to stage of life, as the following chart indicates. Weight is for male and female (M/F).

| Stage of Life | Wt. (M/F) | kcal/kg BW |
|----------------|--------------|------------|
| 10 week kitten | 1.1 / .9 Kg | 250 |
| 20 week kitten | 2.5 / 1.9 Kg | 130 |
| 30 week kitten | 3.5 / 2.7 Kg | 100 |
| 40 week kitten | 4 / 3 Kg | 80 |
| Gestation | | 100 |

Lactation requires as little as 60 calories for a queen nursing one kitten in week one, to as much as 320 calories for supplying milk for 6 kittens in week 6.

Cats are good judges of how much food is required. They eat for energy requirements, and not for pleasure.

Feed cats fresh food from 3 to 6 times per day in clean bowls. Stale, soggy, or damp food isn't appreciated.

It isn't necessary to adjust the sizes of the recipes (or do any math) as your cat grows. Let your cat guide you as to the amounts to feed.

Refrigerate unused portions (except for kibble)

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 (1 kg) equals 2.2 lb.

How much Vegekit™ per day?

Typically a 4-pound (1.8kg) cat gets about one teaspoon (5ml/5.4g) per day of Vegekit™. Don't add Vegekit™ to commercial foods labeled as nutritionally complete. That would result in over supplementation.



1. VegeKibble

Protein 36.6%, Fat 14.3%, Mg .17%

This is the best recipe in terms of convenience and palatability. It's very flexible since many coatings are possible for flavor variations. It's the best food for healthy teeth and gums. Once the routine of making kibble is established, you'll find it easy and well worth the initial learning stage.

A four-gallon white plastic container with a tight lid (from a hardware store) makes it easy to mix a 50-day supply of dry ingredients. Swing the container up and down enough times to thoroughly mix the dry ingredients. You won't have to start over each time you make a new batch of VegeKibble if you have the dry ingredients premixed.



Have three large cookie sheets handy. If you use a convection oven, decrease oven temperatures by 10%.

NOTE: Bake the 11-Day batch following these measurements. This 50-Day Recipe is primarily for mixing and storing dry ingredients for later use (a great time saver).

Dry ingredients for 50 days

7 cups / 2 lb. 3 oz. (1665ml/1005g)
wheat gluten flour (75% protein)

6 ½ cups / 2 lb. (1550ml/900g)
bread flour

11 ¾ cups / 2 lb. 3 oz.
(2780ml/1000g) whole soy flour

3 ⅛ cups / 1 lb. 2 oz. (740ml/500g)
yeast powder

1 ⅛ cups / 10 oz. (265ml/290g)
Vegekit™

¼ cup / 2 oz. (55ml/50g) non-aluminum baking powder

Make Kibble for 11-Days

If you haven't premixed Dry Ingredients For 50-Days, start with the Dry Ingredients for 11-Days that follows Step 10.

1. Preheat oven to 325°F (160°C).

2. In a large mixing bowl, mix together:

3 ½ cups water (as needed)

¼ cup (60ml/55g) oil

⅓ cup (80ml/90g) tomato paste

6 ⅔ cups / 2 lb. 5 oz.

(2130ml/1040g) of the preceding *Dry Ingredients for 50-Days* mixture

OR add the *Dry Ingredients for 11-days mixture* after Step 10.

3. Stir with a large strong spoon to form dough. Flour your hands and counter and empty the bowl of dough onto counter.

4. Knead the dough well until smooth and elastic, adding flour as needed. Divide the dough into two or three parts. Roll out evenly to fit a large cookie sheet (12"x17" [300 x 400mm]). Work the dough into the corners and prick with a fork to prevent bubbles. Bake for 20 minutes.

5. Remove from oven. Before letting the uncut slabs cool very much, proceed to the next step.

6. With a large chef's knife cut each warm slab into 12 parts on a cutting board by cutting horizontally into three strips, and then each of those into thirds or fourths. Cut each resulting rectangle into kibble sized pieces (like a miniature checkerboard) by cutting first in one direction (10-12 times), and then the other direction.

An inexpensive *Cushion Strip* (from Harbingers) can cushion your palm.

7. Place kibble pieces on cookie sheets, breaking pieces apart that have stuck together.

8. Dry out the kibble in a warm oven set at