

(squash) and a slight dusting of nutritional yeast (the pale yellow kind). Sometimes we add coatings such as nori flakes, or catnip.

Sprinkling with Prozyme® Plus enzymes enables maximum digestion.



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	1.30%	14.2%	.17%	.93%	35.8%
Nutritional yeast (pale yellow)	1.28%	14.3%	.18%	.91%	37.5%

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Quick Start

These measurements are one-half those that are in the Vegekit™ Instruction sheet and result in about 2¼ pounds of kibble for cats of all ages.

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 *Harbingers* helps cushion your palm against the knife's ridge as you cut kibble



Ingredients

Vegekit™, tomato paste, squash (baby food) or canned

pumpkin, yeast powder, bread flour, wheat gluten flour (75% protein), soy flour, baking powder, 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

2 Tbs. (30ml/28g) oil

3 Tbs. (40ml/45g) 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.

1⅓ cup (300ml/110g) whole soy flour

¾ cup (180ml/110g) wheat gluten flour (75% protein)

¾ cup (170ml/100g) bread flour

⅓ cup (80ml/55g) yeast powder

2 Tbs. (30ml/32g) Vegekit™ supplement

1½ tsp. (6ml/6g) baking powder

Optional: dried 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 1/2" (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.

Prevent bubbles by pricking the dough with a fork.

Baking

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

Bake 15 to 20 minutes.

Cutting

With a large chef's knife cut newly baked slab into 9 (or 12) parts (on a cutting board). Cut twice horizontally, and then cut vertically 2 or 3 times. 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. Smaller is usually better, since cats roll food around in their mouth.

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

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

Fresh kibble helps keep teeth and gums healthy.

Serve kibble by coating it with a little baby food

