

Whole Wheat Flour or Bread Flour Measurements

Add and mix together in a large bowl:
3 ¼ cups / 19 oz. (770ml/539g)

Vegecat KibbleMix™

5 cups / 1 lb. 8 oz. (690g/1365ml)

Bread or Whole Wheat Flour

OR 8 ⅓ cups / 2 lb. 11 oz.

(1960ml/1230g) PreMix (consisting of Vegecat KibbleMix™ with flour)

Stir in the following to make dough:

⅓ cup oil (90ml/78g)

½ cup / 4 ⅛ oz. (110ml/120g) tomato paste

½ tsp. salt or 1 tsp. soy sauce

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 wooden spoon (or something similar).

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

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

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, no more than ½ inch thick. Thinner is better, but then adjust baking time down.

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

Place in preheated oven and bake for 20 minutes.

Remove from oven and cut the kibble before it has a chance to cool down very far. The cooler it becomes the tougher it is to cut.

Cutting the kibble

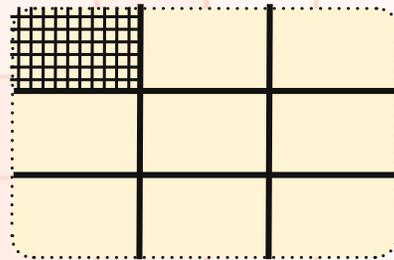


Use a large chef's knife to cut each large kibble "cookie" into 9 (or 12) parts (on a cutting board).

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.



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

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 means that the baking time was too short (or the dough was rolled too thick).

Drying the kibble

Place soft kibble into a warm oven at it's lowest temperature for two or three hours until crunchy dry. and don't yield to finger pressure. Hot sunshine is an

efficient drier when available.

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

Nutrient Analyses for Recipe Variations

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

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%

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.) recipes made with Vegecat phi™ supplement are best since it contains the acidifier sodium bisulfate.

Kibble is best made using this Vegecat KibbleMix™ supplement™.

Soft stools

You may find that stools are looser than normal due to the dietary change. Just go slower on the transition to the new food.

Keep the food on the dry side. Food that has too much moisture can contribute to looser stools.

However, cats especially like kibble that has been rolled in baby food squash as well as nutritional yeast.

Harbingers of a New Age (HOANA)

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INSTRUCTIONS

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.

Read these instructions

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).

Suggested equipment



Large mixing bowl

Large, strong spoon for mixing

2 cup measure (or gram scale)

8" chef knife (20cm) or larger

Two or three 12"x19" (30x48cm) cookie sheets (non-stick pans are best)

Rolling pin (larger ones are easier to use).

Cutting board (at least as big as your

cookie sheets)

Oven: conventional or convection. Three oven racks speeds the drying process.

Optional equipment

Large pizza cutter: this may be used in place of a chef's knife, but the kibble squares tend to be larger.

Essential ingredients

One of these flours (in order of preference):

- Bread flour
- All purpose flour
- Whole wheat flour

Tomato paste or strained squash (baby food)

Vegetable Oils: Recommended oils include: olive, high oleic safflower, peanut, sunflower, sesame, soybean, and corn.

Optional ingredients

Nutritional yeast: cheese-like, it is available as flakes, or powder. It is handy for putting on the food as a dusting at meal time.

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. Prozyme® 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-fourth 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.

A gradual change is best

Add a small amount of the new food and to the old, gradually changing the

proportion over a period of perhaps a week. You can even put crushed commercial kibble into this kibble recipe to facilitate the transaction for extra finicky cats.

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 the loser. Cats are best fed several times a day.

Kitten and queens

Kittens (up to about 8-12 months old) and queens have different nutritional requirements from adults, and need Vegekit™. For convenience, adults may be fed Vegekit™ supplement in households containing both kittens and adults.

Flavorings

There are many different flavor enhancers that may appeal to individual cats.

- Nutritional yeast, available as flakes or powder, is universally popular for mixing with the food just prior to serving.
- Nori flakes (a seaweed) You can make your own flakes by grinding nori sheets with an electric coffee or nut grinder
- Pasta sauces (used instead of tomato paste)
- Baby foods: such a sweet potatoes (used in place of squash)
- Stevia (a sweetener that doesn't affect teeth)
- Catnip flakes
- "Mock meat": burger preparations, tuna substitutes, and imitation bacon bits
- Corn, peas, or lima beans: mashed, can be added to squash. Anything containing sugar is bad for teeth.

Service with a smile

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.

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) or warm sunshine.

Before you began

Read the following instructions once through before proceeding further to grasp the procedure 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 lb. (2267g), 13 ²/₃ cups (3230ml) Vegecat KibbleMix™
6 lb. (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 lb. 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 either:
(3 ¹/₄ cups / 19 oz. [770ml/540g] Vegecat KibbleMix™ and
5 ¹/₈ cups / 1 lb. 7 oz. [1225ml/645g] All Purpose Flour)

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

Stir in the following to make dough:

¹/₃ cup (85ml/80g) oil
¹/₂ cup / 4 ¹/₈ oz. (110ml/120g) tomato paste
¹/₂ tsp. salt or 1 tsp. soy sauce
4 cups (950ml) water (approximate) sufficient to form dough with the consistency of pie crust
Proceed to *Baking the Kibble*