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1. BAKING SODA DRY SHAMPOO

Did you know that baking soda will clean your dog or cat?

Just sprinkle the baking soda on, rubbing it into the fur. Let set a few minutes and brush off! The funky smells will disappear, and you don't need to get all wet!

2. BEEF AND VEGGIE BROTH

½ cup raw beef

A few tablespoons of beef broth (preferably not canned or cubed)

2 tablespoons cooked oatmeal

1 tablespoon dried barley grass powder (Find at a pet food store)

1 cooked vegetable, minced (carrots are often a favorite)

Cook the beef in just enough broth to cover, over medium to low heat. When beef is cooked through, shred with fork and mix with the broth in which it was cooked. Add the minced vegetable and the barley grass powder. Stir well. Last, add the oatmeal to achieve a consistency your cat likes. This is a good recipe for indoor pets.

3. "BETTER THAN GRASS" SALAD

1 small carrot, peeled and grated

¼ cup peeled and grated zucchini

½ cup chopped alfalfa sprouts

1 tsp. finely chopped parsley

⅛ cup chicken stock

¼ 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 leftovers in the refrigerator for up to 3 days.

4. BIRTHDAY TREAT FOR KITTY

1 - 2 poached fish, preferably salmon, with skin and bones removed

1 tsp. plain yogurt

A 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 Tbsp. butter or vegetable oil
1/4 cup soy flour
1 egg
2 Tbsp. wheat germ
1 Tbsp. 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 tuna (not drained)
1 cup cornmeal
1 cup flour
1/3 cup water

Preheat the oven to 350 degrees. Measure all 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. Use as a treat for your kitty.

7. CAT JELLY

3 cups chicken broth
4 1/2 Tbsp. flour
1/4 cup carrots -- diced into small cubes
3/4 cup minced meat or fish (cooked)

After the chicken broth has been made, allow it to cool for about 2 minutes. Add all the flour and mix. Some flour might not dissolve, but this is no problem, as it will when you heat the mixture later on. Cook broth and flour mixture on high heat until a thick creamy consistency is reached. Immediately add all other ingredients and pour all contents into the cat's container. Allow it to set into a jelly-like substance with the carrots and the meat suspended in it.

8. CHEESE PLEASE

½ cup grated cheese
2 Tbsp. plain yogurt or sour cream
Small amount of oatmeal
2 Tbsp. Butter
Serves one

Mash all ingredients together, adding them in the order listed above. Serve cold. No cooking is required. Some cats will like this, some will not, as there is no meat in it.

9. CHICKEN AND PASTA STEW

2 packages ground chicken (or turkey)
2-3 small carrots, cooked
2-3 cups macaroni, cooked
2 Tbsp. vegetable oil
Garlic

Boil the macaroni until tender. Cook the chicken in a frying pan. Mix everything together in a food processor. Add the oil and the garlic. Mix well.

10. CHICKEN AND SARDINES

1 can of sardines in olive oil
¼ cup whole grain bread crumbs
1 egg, beaten
½ tsp. brewer's yeast
2 chicken drumsticks, cooked and 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 heat, cool before serving.

11. CHICKEN CHEESEBURGER

2 oz finely ground beef
2 oz finely ground chicken
1 Tbsp. canned thick chicken soup
2 oz whole grain bread crumbs or oatmeal
1 baby carrot, cooked until soft
1 egg
½ cup grated cheese

Mash the meat and chicken with the soup then add the bread crumbs or oatmeal, 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

1 ½ cups whole wheat flour
1 ½ cups rye flour
1 ½ cups brown rice flour
1 cup wheat germ
1 teaspoon dried kelp or alfalfa
1 teaspoon garlic powder
4 tablespoons vegetable oil
1 ½ cups chicken 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-sized pieces. Place pieces in a bag with the brewer's yeast and shake to coat them. Store 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.
Grind the meat in a blender.

14. CRISPY TROUT DINNER

1 egg yolk
1 small trout fillet
3 Tbsp. oatmeal
1 Tbsp. 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 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, ½ cup
Consommé, 1 can
1 large turkey leg
Water, 2 cups

Boil everything until the meat falls off the bone. Allow to cool, cut the meat into very small pieces. Feed about two tablespoons per cat several times a day.

16. DIETS 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 Tbsp. whole grain bread crumbs or oatmeal
2-3 Tbsp. grated cheese
2 tsp brewer's yeast
Several pinches of chopped catnip
1 egg, beaten
2 Tbsp. 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:

½ level teaspoon brewer's yeast

¼ level teaspoon garlic powder

21. FELINE HASH

1 cup cooked ground beef

½ cup cooked brown rice

6 Tbsp. alfalfa sprouts

¾ 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

½ cup oat or wheat bran or vegetables such as peas, beans carrots and corn

1 teaspoon of vegetable oil

800 mg of calcium, 1 tablespoon of bone meal
cat vitamins

23. FINICKY EATERS MEAL

1 cup chicken, boiled or microwaved

¼ cup fresh broccoli, steamed

¼ 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

2 parts sage or rosemary
1 part catnip
1 part chamomile

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 Tbsp. Bisquick
1 Tbsp. chopped liver
1 Tbsp. corn oil
1 Dash iodized salt

Mix all together for 1-2 delicious cat servings

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2 Tbsp. Bisquick
1 Tbsp. chopped liver
1 Tbsp. corn oil
1 Dash iodized salt

Mix all together for 1-2 delicious cat servings

26. 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 ½ 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 ½ 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
¼ cup kelp powder
¼ cup bone meal (or 9,000 milligrams calcium or 5 teaspoons eggshell powder)
1,000 milligrams vitamin C (ground) or ¼ 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.

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

¼ 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 per 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
½ 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 whites, 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 a 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

½ 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 ½ 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.

35. KITTY TREATS

1½ cups rolled oats

¼ cup vegetable oil

½ cup flour

½ 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, ½ -inch-thick, round "biscuits." Place on greased cookie sheet. Bake 30 minutes (or until biscuits are slightly browned).

Cool 30 minutes before serving.

36. KITTIES FAVORITE TREATS

- 1 ½ cups cooked chicken or turkey
- 1 large egg
- 2 Tbsp. chicken broth
- 1 cup cornmeal
- ½ cup whole wheat flour

In a blender or processor mix chicken, egg and broth until smooth. Scrape into bowl. Add cornmeal and ½ cup flour, stir until moistened. Cover dough and refrigerate at least 2 hrs. Then roll out to ¼ in. thick on lightly floured board. Cut in half as 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
- ¼ 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 Tbsp. milk
3 Tbsp. grated cheese
1 Tbsp. Butter

Beat eggs and yolks together. Stir in the grated cheese.
Melt butter in a frying pan until sizzling. Add the egg mixture, stirring continuously until cooked.

39. KITTY CATNIP COOKIES

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 bone meal
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 cans of sardines in oil
2/3 cup cooked rice
1 Tbsp. 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 Tbsp. butter
3 oz canned tuna or smoked mackerel, skinned and boned
1/2 hard-boiled egg, shelled and finely chopped
yolk of 1 egg
1/2 Tbsp. cream

Cook and drain the rice. While the rice is cooking, gently fry the chopped tomato in the butter 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 until steamy hot. Blend in the egg yolk, then the cream. Allow to cool on a plate.

43. KITTY KISSES

1 Can (or bag) of cat food
zippered baggie with the corner cut
catnip (optional)

Put cat food and optional catnip in a blender or food processor and mix until it looks like frosting.

Put the mixture into the baggie and squeeze little droppings, or "kisses" onto a cookie sheet and bake at 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)

Mix ground chicken with chicken broth in a large bowl. After well-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 ½ 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 ½ cup dry milk and ½ 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 like fudge.
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. De-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

½ cup canned mackerel, drained
1 cup whole-grain bread crumbs
1 tablespoon vegetable oil
1 egg, beaten
½ 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 ¼ teaspoonfuls 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
¼ cup of Kelp powder
1 cup of Lecithin powder
1000 mg of Vitamin C (or ¼ 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 Tbsp. oatmeal
1 egg, to bind
2 sprigs 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 Tbsp. grated vegetables
½ cup creamed cottage cheese
1 Tbsp. Nutritional yeast
2 Tbsp. grated carrots
¼ cup whole milk
¼ 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 350 F 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
½ cup flour
½ cup instant oatmeal, ground in a blender

Combine the salmon and egg in a blender; mix until smooth. Add the oatmeal and blend well. Use cooking spray on a 9-by-13 inch 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 bone meal
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 Tbsp. margarine, softened or low fat spread, creamed
1 drop red food coloring
several cooked, shelled shrimp
up to ½ 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 ¼ lb. beef liver and fry on both sides until cooked but not dry inside.

Add ½ 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 ingredients thoroughly with a wooden spoon or in a blender or food processor. It's important to get the rice mixed in well so 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 plastic containers or baggies. Use within 36 hours (refrigerated). Stores well in the freezer in baggies and can be thawed and warmed simultaneously in boiling water, while still in the bag.

65. SU-PURR SALMON PATE

1 (6 ounce) can boneless, skinless salmon
¼ cup bread crumbs
½ cup finely chopped celery
1 egg, beaten
1 envelope unflavored gelatin
½ 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
½ cup boiled rice
¼ 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 recipe your cat won't be finicky about.

67. TUNA POPS

Drain liquid from tuna packed in spring water. Freeze liquid in small ice cube trays (use a cocktail ice cube tray and fill only half full). Give no more than 2 cubes at a time as a treat. Reuse the 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

½ cup whole wheat flour
½ cup nonfat, dry, powdered milk
½ can tuna, in oil
OR ½ cup cooked chicken, chopped into small pieces
1 Tablespoon vegetable oil OR cod liver oil
1 egg, beaten
¼ cup water
Catnip (Optional)

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. 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. Place treats on cookie rack to cool. Cool for 15 minutes.

69. YOU GOTTA HAVE SOLE

½ lb fillet of sole
2 Tbsp. onion, chopped
2 Tbsp. parsley, chopped
salt and pepper
water
1 Tbsp. butter
1 Tbsp. flour
½ cup milk
¼ cup cheddar cheese, grated
2 Tbsp. liver
½ 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-bite-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
½ 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. If the dough is tough, use your hands. Roll dough out to about ¼" thickness and cut into ¼" 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.

71. Kitty Heaven Sardine Surprise

- 2 cans of sardines in oil (do not drain)
- 2/3 Cups Cooked rice
- 1 T Pureed liver (or canned liver cat food)
- 1/4 Cups Chopped parsley

Directions

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.

72. Tuna Balls

Ingredients

- 1 Can Drained tuna
- 1/2 cup Cut turkey or chicken
- 2/3 cup Dry Cat Food
- Sliced vegetables (optional)

Directions

Mix all ingredients in small bowl until well mixed.
Form into small balls or anything you're comfortable with.

Chill for about an hour. After that, cover the balls in bread crumbs or anything crumbly.

73. Super Salmon Smashers

Ingredients

- 1/2 Ready smoked salmon (if your cat is big or very hungry, you can do more)
- Milk or cat milk
- Ham
- Ready sliced cheese

Directions

Pour a little of the milk into a saucer. Place the salmon into the milk & let each side soak for 10-15 mins. Wrap the ham & cheese around the salmon and give it to your cat!

74. Salmon Snacks

Ingredients

Salmon (cooked)
Cat treat
Dry cat food

Directions

1. Cut a little slice of cooked salmon. Make sure it is still moist.
2. Next, take your kitty's favorite treat and push it into the moist salmon.
3. Take some dry cat food and crush a small amount up. Sprinkle the crushed food on the Salmon Snack.

75. Joyous Cat Food

Ingredients

½ Cup Milk
3 slices of meat, 2 veggies, or 4 crab sticks
1 Egg
½ Cup Flour

Directions

Mix all ingredients and use cookie cutter to cut into small shapes. Cook at 350 F, until golden brown.

76. Honey Casserole

Ingredients

1 Can Tuna
1 tsp. Honey
Cat's favorite food
Additional toppings

Directions

Combine together and feed.

77. Homemade Kitty Yum Yums

Ingredients

- ½ Cup Dry cat food
- ¼ Cup Warm water or milk
- 3 Tbsp. Catnip

Directions

Put the cat food and milk in the bowl and mix well. Pour out any extra water. Sprinkle the catnip over the mixture and mix well. Optional: Bake in a 350 degree oven for 15 min.

78. Catnip Tea

Ingredients

- 2 Tbsp Catnip
- 1 Cup Water

Directions

Put the catnip in a bottle, pour in the water. Put the cap on the bottle and shake until the catnip tea is green.

79. Bland Diet for Finicky Felines

- 1 c Chicken, boiled or micro waved
- ¼ cup Fresh broccoli, steamed
- ¼ 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 also may vary the recipe by adding rice or other vegetables.

80. Yummy Cat Food

Ingredients

- 3 cups raw or lightly cooked ground meat (beef, chicken, turkey, or lamb)
- 1 cup raw or slightly cooked organ meat (kidney, liver, heart, lung)
- 1 raw turkey neck, ground or finely chopped (be sure not to cook)
- 1 cup well-cooked grain (oats, rice, barley or cornmeal)
- ½ cup well cooked vegetable (broccoli, zucchini, carrots, squash or green beans)
- 1 raw egg
- 1 teaspoon olive oil or flax seed oil

Directions

Mix all ingredients together, and then divide into individual portions.

The less you cook the ingredients, the more nutritional it will be for you cat. If you freeze the individual portions, they will keep for several weeks and you can defrost one a day. When thawing, try not to use the microwave or another cooking method, since this will reduce nutrient levels. Instead, let food thaw overnight in the refrigerator. To warm it, place the food in a plastic bag with zipper closure, then immerse the bag into hot (not boiling) water for 10 minutes.

The amount of food prepared with this recipe should last for about 5 days for an adult cat of normal size. Your cat may eat more or less at each meal. Use common sense to decide on serving size. Because this mixture is slightly lower in calories than dry cat food, you will need to serve slightly more of it by comparison.

81. Mince Surprise

Ingredients

¼ lb Meat (minced)
3 T Rice
1 T Broth or gravy

Directions

Fry the meat for 15 minutes or until cooked to "rare." Add a little water to prevent being stuck to the pan. Then add the rice along with another spoon of water if you want the meal to be soupy. Stir in the gravy or broth, depending on kitty's taste. Remove from heat, let cool, then serve.

Diced chicken may be substituted in place of minced meat.

82. Meat Majesty

Ingredients

¼ can whitefish + tuna dinner wet cat food
¼ can beef wet cat food
¼ can chicken in gravy wet cat food
¼ can salmon wet cat food
A bit dry cat food

Directions

Mix together and feed. Put the rest in the fridge to keep fresh

83. Feline Frenzy

Ingredients

- 1/2 Cup Dry cat food
- 1 Can wet cat food
- 2 tsp Cat milk

Directions

Scoop the wet dinner into a food dish and mash it into small pieces.

Pound dry cat food in a plastic bag to crumble. Sprinkle this onto the wet dinner.

Suck up the first bit of cat milk with an eyedropper and put it on the food, following with the last bit of cat milk.

Microwave for 5 seconds and serve to your kitty!

84. Cat Wrap

Ingredients

- 1 Flour Tortilla
- 1/8 Cup Chicken Broth
- 1 Cup Ground Chicken
- 1 tsp Salt
- 1/8 Cup Cream (Low Fat)

Directions

Mix ground chicken with the broth. Then pour the chicken onto the middle of the tortilla. Add salt and cream on top of the chicken and roll up the tortilla.

85. Kitten Delight

Ingredients

- 1/3 Slice of bread
- 1/8 Cup Milk
- 1/8 Cup Chicken broth

Directions

Mix milk and chicken broth. Tear the bread into tiny bits, then add to mixture. Heat in the microwave for approximately 1 minute. When finished, let cool, then serve to kitten.

86. Christmas Treat

1 cup minced leftover turkey
½ mashed cooked pumpkin
1 tablespoon oil
1 tablespoon kelp

Mix together and roll into balls. Feed as treats or give as gifts for your kitty!

87. Fish Delight

2 eggs
1-2 cups milk
2 tablespoons supplemental powder
1 tablespoon bone meal
2,500 IU vitamin A
100-200 IU vitamin E
200 mg Taurine (cat vitamin tablet)
1 tablespoon fresh raw veggies
1 tablespoon vegetable oil
1 can mackerel or tuna
4 slices brown bread

Blend together eggs, milk and supplements, then mix well with fish and bread. Serve raw or baked for 20 minutes at 180 C.

88. Homemade Kitty Treat

½ cup dry cat food
¼ cup warm water or milk
3 tablespoons catnip

Put the cat food and milk in the bowl and mix well. Pour out any extra water. Sprinkle the catnip over the mixture and mix well. If you like you may bake in a 350 degree oven for 15 min.

89. Hairball Remedy

Papaya capsules
Empty one capsule into wet food every day for about 3 days.

90. Grain Free Cat Food

1 pound ground turkey, chicken or beef
1/3 cup grated carrots
1/3 cup broccoli chopped in blender
1/4 cup liver purried in blender
4-8 vitamins tablets powdered

Mix all together. Put in ice cube trays and freeze. Take out and thaw as needed

91. Fancy Soup

1 hard boiled egg
1 raw egg
7 large pinches of garlic
1 capful olive oil
1 can tuna
1 cup water
rice

Not for every day, but this is great for special occasions. Mix the hard boiled egg, garlic, olive oil, water, and as much rice as desired. Then squeeze the juice out of a tuna can and mix all together. Chop up the hard-boiled egg, put everything into a pan, and once boiling, pour in the raw egg. Boil for 5 to 15 minutes and serve.

92. Cat Munchies

2 eggs
1 tablespoon milk
3 tablespoons cottage cheese
2 tablespoons finely chopped alfalfa sprouts

Mix all ingredients together. Pour into a hot pan with a tablespoon of vegetable oil or butter. When brown on the bottom, turn over and brown the other side. Chop into pieces and serve.

93. Cat Eggs

1 or 2 eggs
dry cat food
sausage, cut into small pieces

Mix all ingredients and serve.

94. Yum Yum

Canned cat food
vegetables (such as carrots & broccoli), minced

Mix well and serve. Experiment with amounts to see what pleases your cat.

95. Beefy Goodness

½ cup raw trimmed beef
1 tablespoon beef broth
2 tablespoons cooked oatmeal
1 tablespoon dried barley grass powder
1 cooked minced veggie

Cook raw beef in just enough broth to cover, over medium to low heat. When beef is cooked through, shred with a fork and mix with the broth in which it was cooked. Add the minced veggie (carrots are good with this one) and the barley grass powder. Stir well. Add the oatmeal to achieve a consistency your cat likes.

96. A+ Dinner

½ carrot
cat food
milk
1 egg

First, boil the carrot. When it is soft, cut into small pieces.
Mix the cat food, milk and egg in a bowl, adding the carrots last.

97. A Little Bit of Love

- 1 can moist cat food
- 3 tablespoons cat milk
- 1 handful dry food

Mix the canned cat food and milk until sloppy. Then add a handful of dry food and mix. You can also try tuna.

98. Canadian Cat Relish

Simmer 1 pound liver and 1 pound white fish gently in water until cooked. Soak one cup of dry cat food in a half cup of tomato juice. Drain the liver and fish, remove the bones, save the liquid. Place all ingredients, plus one teaspoon of cod liver oil, in a food processor, using the metal blade. Use the saved liquid to adjust the consistency of the mixture to the cat's liking.

99. Tutti Frutti

- 1 teaspoon cantaloupe, minced
- 1 teaspoon watermelon, minced
- 1 teaspoon seedless grapes, minced
- 2 teaspoons cottage cheese

In a bowl, combine the fruit and cottage cheese.

Serve as a treat.

100. Chicken Stir Fry

Dice raw chicken breast. Heat oil in wok or frying pan, and cook the meat quickly over a high flame, stirring constantly. When the chicken is almost cooked, stir in a few flaked almonds for added crunch. Allow to cool and serve with a little plain boiled rice.

