



## *Recipe* for a nutriment for cats

Suggested meat sources are organic/unmedicated poultry incl. skin, rabbit, lamb, game, or beef. Do not mix different animal meat sources.

<b>700 g</b>	raw, coarsely ground, or finely chunked fatty muscle meat
<b>200 g</b>	raw, ground heart of the same animal
<b>100 g</b>	raw, ground liver of the same animal
<b>400 ml</b>	filtered spring water (less for poultry)
<b>330 g</b>	blend of steamed, pureed, organic vegetables. (Turn page)
<b>2</b>	raw, organic egg yolks
<b>2 Tbsp</b>	bone meal
<b>1 Tbsp</b>	blend of powdered sea weeds (Solid Gold Seameal)
<b>1 tsp</b>	salmon oil (only available as capsules. Do not confuse with Codliver oil)
<b>2 capsules</b>	glandular supplement (Swiss, or AllergyResearchGroup)
<b>300 IU</b>	Vitamin E (trophic Vitamin E Liquid)
<b>optional:</b>	
<b>1-2 Tbsp</b>	Apple cider vinegar
<b>50 mg</b>	Vitamin B-complex (natural Factors Hi Potency B Complex)

*Yields 18 ~100 g portions.*

*100 g = daily serving size for a healthy adult cat.*

*Growing cats & kittens, un-neutered cats, pregnant or lactating queens, large cats (not fat), or cats who are primarily outdoors will require more to meet their individual caloric needs.*

Chop vegetables, peel and all, into small chunks, and steam in a vegetable steamer. We do not recommend using a microwave.

Meanwhile, fill a food processor, or blender with 400 ml filtered spring water. Add Apple cider vinegar if desired.

Add the well cooked vegetables to the water and puree thoroughly - set aside.

In a separate bowl whisk the raw egg yolks with the vitamins, glandular supplement, and salmon oil. Add the cooled down vegetable puree, blend thoroughly, and add powdered sea weeds and bone meal.

To the vegetable mix add the muscle meats and organ meats. Stir gently until an even blend is achieved.

To freeze, and later for easy defrosting, portion food into 1-2 servings. Plastic bags or self closing plastic bags have proven to be somewhat inconvenient for this purpose, so we recommend the use of small plastic containers. For smaller portions freeze in ice cube trays.

The food will defrost within several hours at room temperature, or 24 hours in the refrigerator.

Transfer to a serving dish and warm to room temperature or to luke warm by placing it into a warm water bath. **DO NOT MICROWAVE.**

**DO NOT EVER** cook the food. This will destroy most of the nutrients in the food needed by the cat and will lead to deficiencies.

Serve immediately. Do not let sit out for more than 20-30 min.

Store leftovers in refrigerator, where it will keep fresh for up to 2 days.



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# Feline Botanicals

Vegetable recommendations for the preparation of cat food

good

Vegetable Class	Vegetable Kind	Properties
Gourd	Butternut, Sunburst, Acorn, Spaghetti, Zucchini, Pumpkin, Cucumber	Very well liked by cats and often even consumed by big cats in the wild
Root (mustard & parsley)	Carrot, Parsnip, Turnip, Rutabaga	Frequently consumed by prey animals of the cat
Cabbage	Broccoli, Cauliflower, Brussel Sprouts, Kohlrabi	Frequently consumed by prey animals of the cat
Morning Glory	Sweet potatoe, Yam	Well liked by cats - use sparingly due to high carbohydrate content

bad

Vegetable Class	Vegetable Kind	Properties
Legumes	Yellow/Green Beans, Peas, Lentils, Beans (Kidney, Navy, etc...)	Not digestable
Leafy Greens	Chard, Spinach, Beet Greens	contain <i>Oxalic Acid</i> which interfears with calcium absorbtion
	Corn	Not digestable
Nightshade	Tomatoes, Potatoes, Eggplant, Peppers, Peanuts	Contains the bitter poisonous alkaloid <i>Solanine</i> which aggravates the condition of ill cats or cats with chronic disease.
Lily	Onions, Garlic, Leek, Chives	Causes Anemia <i>Heinz Body Syndrome</i>

**note:** Vegetables are added primarily as a source of fibre. For the cat, the vitamins in plant matter are not bioavailable. Neither do they contain any essential amino or fatty acids needed by the cat. Therefore cook vegetable matter well to prevent indigestion or flatulence.

“Green” supplements, as sold for humans, often cause gas, burping, or even regurgitation of the food, because the cat has great difficulty digesting them.

