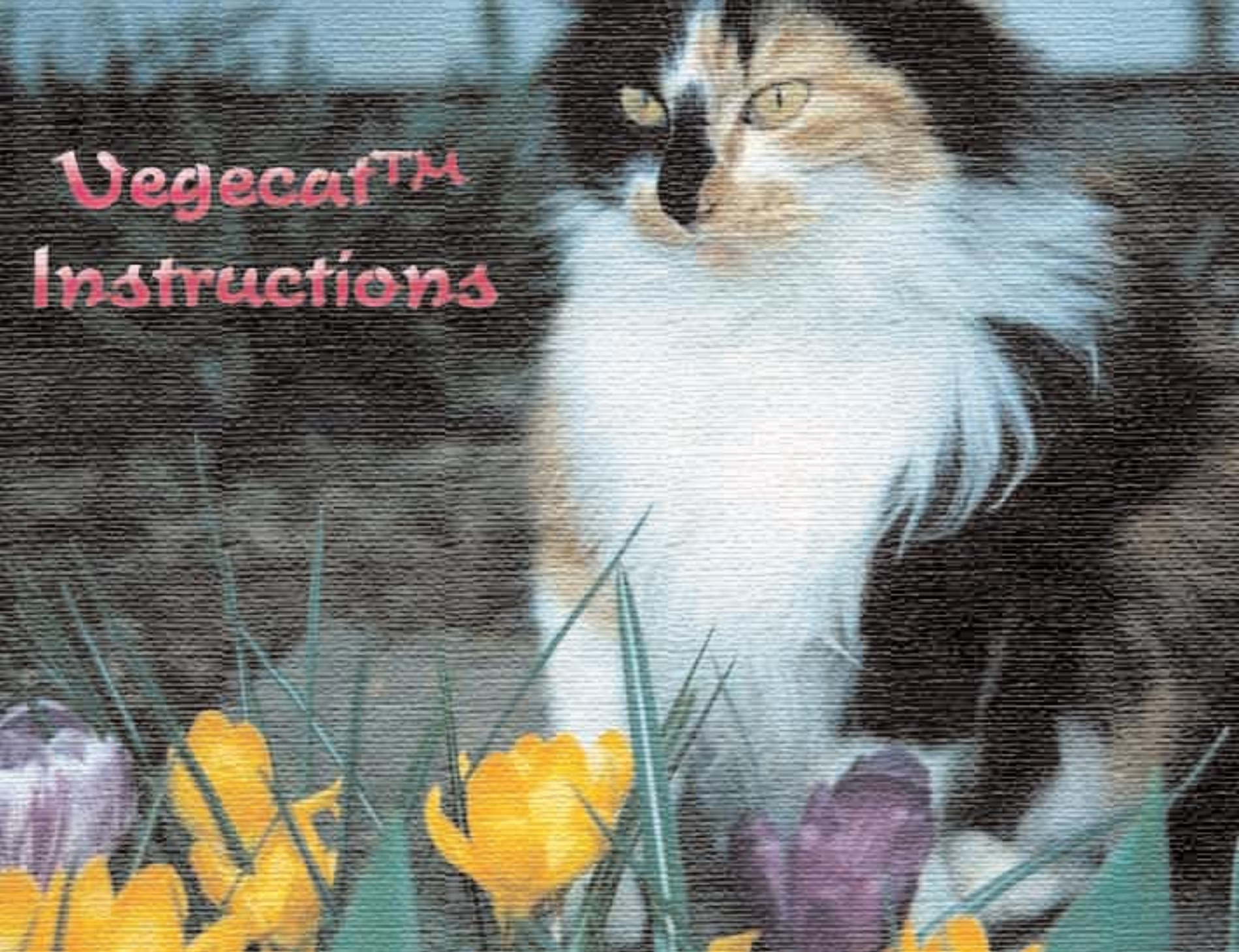


**Vegecat™  
Instructions**



**C**ongratulations 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.

These recipes meet all nutritional requirements according to the Association of American Feed Control Official's (AAFCO) Cat Food Nutrient Profile for adult maintenance.

### **Transition gradually**

Mix a small amount of the new food with the old and adjust the proportions over a period of days. If necessary, you could mix in pulverized commercial kibble into the kibble dough, or mix it with the other recipes.

It is important that your cat eat enough for good health. A fast less than a day won't hurt, but don't let this become a battle of wills with your cat losing out.

### **Kittens and queens**

Kittens (to 8-12 months old) and queens need Vegekit™ for growth and lactation.

For convenience, adults may be fed with Vegekit™ in those households with both kittens and adult cats.

### **Enzyme power**

Since enzymes (the life force) are heat sensitive, we recommend the addition of plant-derived enzymes) lipases, amylases, proteases, and cel-

lulases) to any cooked food. Prozymes Plus™, available from Harbingers, maximizes the absorption of valuable nutrients by up to 71%. This is especially important on the vegetarian diet.

A little raw food doesn't supply enough enzymes to compensate for cooked food.

### **Flours for VegeKibble**

Whole wheat and bread flour both contain 14% protein by dry weight.

Gluten flour, the protein part of wheat (commonly labeled vital wheat gluten or instant gluten) contains 75% protein.

### **Oils**

Preferred oils: olive, high oleic safflower, sunflower, sesame, soybean, and corn.

### **Seitan**

Each cup (235ml/142g) of vital wheat gluten flour makes about 3 1/2 cups (830ml/400g) of seitan. Available commercially, seitan has a "meaty" consistency and absorbs flavors readily. Imitation "meat" products should have wheat gluten as the first ingredient listed to qualify as seitan.

Directions for [making seitan at home](#) follow recipe number seven, Seitan.

### **Vegetables**

Convenient kibble is made even more palatable by coating with vegetables such as squash or canned pumpkin (diluted with water). There are

other possibilities as well, such as sweet potatoes, or smoothly blended corn (without sugar).

Cats may appreciate some of the same foods that you enjoy yourself, used in small amounts as flavorings.

## Yeasts

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

Nutritional yeast tastes cheese-like, and comes in flakes, or powder. For maxi-flakes, double the volume (not the weight) measurements. Brewers yeast can also be used. For cats that like nutritional yeast best: use VegeYeast in the recipes for health benefits, but coat the food with nutritional yeast.

## Sauces

It is important to coat kibble with a sauce just prior to serving. Baby food (such as squash) makes a nice sauce, and so does a little canned pumpkin diluted with hot water. Since all cats like nutritional yeast, mix some of that in as well, at the last.

## Soy

TVP™ (textured soy protein) must be reconstituted before use by stirring in 7/8 cup boiling

water for each cup (or 85ml for each 100ml). All recipe measurements for TVP™ (textured soy protein) are made before reconstituting.

Use only tofu made with calcium sulfate (not nigari or calcium salts). It is lower in magnesium for better urinary health.

A low-sodium soy sauce requires a 50% increase in volume over regular soy sauce.

## Optional additions

Spirulina (a blue-green micro algae) appeals to many cats. Use it sparingly since it is so alkaline. Small amounts of crumbled nori sometimes appeal to choosy cats as well as a little garlic, or imitation bacon bits (available without MSG). Summertime treats might be cantaloupe (alone) or fresh corn on the cob.

Other possibilities include stevia (a sweet herb), imitation meat flavorings, soy sauce, and pasta sauces. Changing seasonings introduces variety and keeps mealtimes enjoyable occasions.

## Soft stools

With some cats, you may find that stools are looser than normal. This sometimes occurs when dietary change occurs. If stools don't firm up properly, try adding a little (about 1/4 teaspoon) slippery elm bark to each meal. Another good herb for this purpose is marshmallow root.

Try to keep the food on the dry side. Feeding food that has too much moisture can contribute to looser stools.

## Service with a smile

Feed cats several to many times per day to assure adequate food. 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, old damp food isn't appreciated. Serve in clean bowls and always keep fresh water (clean enough for you to drink) always available.

## Utensils

A 1-cup and an 8-cup measuring cup are handy, or a scale. For making kibble, have on hand: three large cookie sheets, an oversize rolling pin, cutting board and at least an 8" chef knife. A *Cushion Strip* (available from Harbingers) will add comfort to your palm, when cutting out the kibble pieces.

## Recipe amounts

Recipes are based upon a 10-pound (4.5kg) adult cat. Cats may eat greatly less or more, depending on activity, etc.

Analyses are by dry weight crude, and are averages of recipe variations.

To convert grams to ounces, divide by 28.4. There are 16 ounces to a pound.

## How much Vegecat™ per day?

If you use your recipe instead of ours, typically a 10-pound (4.5-Kg) cat would get slightly over one teaspoon (6ml) per day of Vegecat.

# RECIPES

## 1. Kibble

This is the best recipe in terms of convenience and palatability. It's very flexible since many coatings are possible for flavor variations. It is assuredly the best 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 plastic container with a lid (from a hardware store) makes it easy to mix a 65-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 kibble with the dry ingredients premixed.

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

NOTE: Bake the 15 day batch following these measurements. This 65-Day Recipe is primarily for mixing and storing dry ingredients for later use (a great time saver).

### Dry ingredients for 65-days

14 5/8 cups / 3 lbs. 14 oz. (3460ml/1755g)  
whole wheat flour

- 8 1/2 cups / 2 lbs 9 oz. (2020ml/1170g) bread flour
- 5 1/2 cups / 1 lb. 11 oz. (1300ml/780g) vital wheat gluten flour
- 6 1/8 cups / 2 lbs. 2 oz. (1440ml/975g) yeast powder
- 1 3/8 cups / 12 oz. (335ml/330g) Vegecat™
- 1/3 cup / 2 1/4 oz. (70ml/65g) non-aluminum baking powder

## Make Vegekibble for 15 Days

If you haven't premixed *Dry Ingredients For 65-Days*, start with the *Dry Ingredients for 15-Days* (following Step 10).

1. Preheat oven to 325°F (160°C).
2. In a large mixing bowl, mix together:
  - 3 1/2 cups water (as needed)
  - 3/8 cup (100ml/90g) oil
  - 1/4 cup (55ml/60g) tomato paste
- 9 1/8 cups / 2 lbs. 10 oz. (2150ml/1180g) of the preceding Dry Ingredients for 65-days mixture

**OR** add the *Dry Ingredients for 15-days* mixture (following Step 10).

3. Stir with a large strong spoon to form soft dough.

4. Flour your hands and counter. Knead the dough well until smooth and elastic. 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



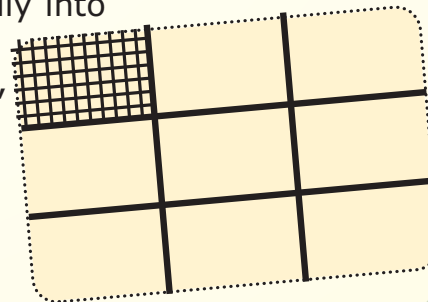
into the corners and prick with a fork to prevent bubbles. Bake for 20 minutes.

5. Remove from oven and flip each half-baked piece over by putting an empty cookie sheet on top (the third cookie sheet), holding both together with pot holders, and turning.

6. Bake for 20 more minutes (don't brown the edges). Remove from oven.



7. With a large chef's knife cut each 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 HOANA) can protect your palm.

8. Place kibble pieces on cookie sheets, and break apart pieces stuck together.

9. Dry out the kibble in a warm oven set at its lowest temperature. Hot sunshine works equally as well. Dry until the pieces are brittle and don't yield to finger pressure.

10. Refrigeration is unnecessary for properly dried kibble. Store in small, covered containers for convenience.

## Dry Ingredients for 15-Days

- 3 1/3 cups / 14 oz. (685ml/405g) whole-wheat flour
- 2 cups / 9 1/2 oz. (465ml/270g) bread flour
- 1 1/4 cups (300ml/180g) vital wheat gluten flour
- 1 3/8 cups (330ml/225g) yeast powder
- 1/3 cup (75ml/75g) Vegecat™
- 1 Tbs. (15ml/15g) non-aluminum baking powder

## 2. Chickpea plus

### FOOD FOR 3 DAYS

- 1 3/8 cups (330ml/335g) canned chickpeas (garbanzo beans)

**OR** 1 1/2 cups (345ml/240g) home-cooked chickpeas, starting with 3/4 cup (180ml/150g) uncooked)

7/8 cup (200ml/85g) TVP™ (textured soy protein)

**OR** 3/4 cup (170ml/180g) firm tofu

**OR** 1 1/2 cups (360ml/175g) seitan

1/4 cup (65ml/45g) yeast powder

1 Tbs. (15ml/14g) oil

**OR** 4 tsp. (19ml/17g) if using seitan

3 3/4 tsp. (18ml/16g) Vegecat™

1/8 tsp. (1/2 ml/1g) salt

**OR** 3/4 tsp. (4 ml/4g) soy sauce

Mash the chickpeas while still warm. Mix all ingredients together, storing in small containers.

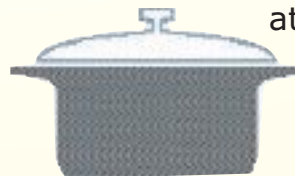
### How to cook garbanzo beans:

**Began by** picking through the beans and removing the bad ones. Soak beans overnight.

Discard the soak water and rinse. In hot weather, change water often enough to keep the water from fermenting (bubbling).

Add 4 parts water to one part beans. Simmer on the stove for two to three hours, until they are easy to mash. Drain.

A couple of other good methods of cooking legumes are with a pressure cooker, or with an electric crock pot. The crock pot is perhaps the easiest to use, doesn't require much attention, and cooks at an extremely low temperature to help conserve vitamins.



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## 3. Lentil plus

### FOOD FOR 3 DAYS

- 1 2/3 cups [380ml/320g] cooked lentils, starting with 2/3 cup [130ml/105g] uncooked  
**OR** 2 3/8 cups (575ml/480g) cooked lentils, starting with 7/8 cup (195ml/160g) uncooked  
**IF** using seitan  
3/4 cup (185ml/80g) TVP™ (textured soy protein)  
**OR** 3 Tbs. (45ml/50g) firm tofu  
**OR** 7 Tbs. (100ml/50g) seitan  
**OR** 3/4 cup (190ml/130g) tempeh  
1/4 cup (65ml/45g) yeast powder  
4 tsp. (20ml/18g) oil (decrease to 1 Tbs. [16ml/15g] if using tempeh)  
1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4 ml/4g) soy sauce  
4 tsp. (19ml/16g) Vegecat™  
Seasonings  
Combine all ingredients. Serve with a little yeast powder.

#### How to cook lentils:

Lentils don't need soaking prior to cooking. Pick out the bad ones.

Add 3 parts water to each one part lentils. Bring the water to a boil, and simmer for 30 minutes.

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## 4. Rice seitan

### FOOD FOR 3 DAYS

- 1 7/8 cups (435ml/360g) cooked brown rice starting with 5/8 cup (140ml/110g) uncooked  
1 cup (250ml/120g) seitan  
1/4 cup (65ml/25g) TVP™ (textured soy protein)  
1/4 cup (60ml/40g) yeast powder  
4 tsp. (20ml/18g) oil  
3 1/2 tsp. (18ml/15g) Vegecat™  
1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4 ml/4g) soy sauce  
Seasonings  
Combine all ingredients. Serve with a little yeast powder.

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## 5. Rice soy

### FOOD FOR 3 DAYS

- 1 2/3 cups cooked parboiled rice (395ml/290g) starting with 1/2 cup (110ml/90g) uncooked  
**OR** 1 1/2 cups cooked brown rice (355ml/290g) starting with 1/2 cup (110ml/90g) uncooked  
**OR** 1 2/3 cups (385ml/260g) cooked white rice starting with 1/2 cup (115ml/90g) uncooked  
1 cup (225ml/95g) TVP™ (textured soy protein)  
**OR** 7/8 cup (195ml/205g) firm tofu  
1/4 cup (60ml/40g) yeast powder

4 tsp. (20ml/18g) oil  
3 1/2 tsp. (18ml/15g) Vegecat™  
1/8 tsp. (1/2 ml/1g) salt  
**OR** 3/4 tsp. (4 ml/4g) soy sauce

Seasonings

Combine all ingredients. Serve with a little yeast powder.

## 6. Oat plus

### FOOD FOR 3 DAYS

3 cups (710ml/700g) cooked oats, starting with 1 3/8 cups uncooked (330ml/110g)

5/8 cup (140ml/60g) TVP™ (textured soy protein)

**OR** 1 1/3 cups (305ml/145g) seitan

**OR** 1/2 cup (120ml/130g) firm tofu

1/4 cup (60ml/40g) yeast powder

4 tsp. (20ml/18g) oil

3 1/2 tsp. (17ml/15g) Vegecat™

1/8 tsp. (1/2 ml/1g) salt

**OR** 3/4 tsp. (4 ml/4g) soy sauce

Seasonings

It isn't necessary to really cook quick cooking oats, since the process of making them quick cooking has already cooked them.

Adding a little boiling water will suffice to make the oats ready.

Combine all ingredients.

Serve with a little yeast powder.

## 7. Seitan

### FOOD FOR 3 DAYS

Wheat "meat" (seitan) is remarkable in its close resemblance to animal flesh, both in texture and flavor. Stubborn cats, hooked on meat, may love vegan Seitan. Some stores sell it like tofu. It may also be available in cans, in the Oriental section of your grocery store.

Thanks to the availability of vital wheat gluten flour, it may also be made at home.

3 1/4 cups (770ml/370g) seitan

1/3 cup (70ml/50g) yeast powder

2 Tbs. (30ml/27g) oil

3 3/4 tsp. (18ml/15g) Vegecat™

2 1/2 tsp. toasted wheat germ

1/8 tsp. (1/2 ml/1g) salt

**OR** 3/4 tsp. (4 ml/4g) soy sauce

Seasonings

Mash all ingredients together. Serve with a little yeast powder.

### Making seitan at home

Vital wheat gluten flour is wheat flour with the starch and bran removed. It contains almost 76% protein on a dry matter basis.

Yield: 2 cups or 10 ounces of gluten flour (475 ml/285g) makes 6 cups or 24 ounces (1420 ml/680g) of seitan.

Start with:

- 2 cups (475ml/285g) wheat gluten flour
- 1 1/2 - 1 3/4 cups liquid (355 ml - 415 ml)

Mix any dry seasonings into a mixing bowl and stir together with the dry gluten flour using a whisk or fork.

In another bowl measure the liquid. This is mostly water, with a little miso or soy sauce or other liquid flavoring with perhaps a little oil.

Combine the wet and dry ingredients, stirring with a large fork or spoon and then kneading with your hands to form a smooth ball, adding extra liquid if needed. Too much liquid can yield a soggy product.

Once cooked, seitan will keep up to a week in a tightly closed small container in the refrigerator, or months in the freezer. Soy sauce added to the cooking water helps keep the seitan fresh.

Simmer the prepared raw gluten for 50 minutes in the cooking liquid. Use about 3 times as much cooking liquid as you have gluten. Add sea vegetables, or other flavors to the cooking liquid as desired.

The gluten could be cooked in one long roll, or broken or cut into many balls or shapes. Simmer the seitan gently in a covered pot with the heat on low.

For further information, read *Cooking with Gluten and Seitan* by Dorothy R. Bates and Colby Wingate (1993), published by The Book Publishing Company, Summertown, TN; ISBN 0-913990-95-7.

## Urinary tract disorders

About ten percent of all cats are adversely affected by high dietary magnesium and manifest urinary problems. For those cats, use lower magnesium recipes.

Vegecat pH™ contains the same recipes as Vegecat™, but has an added safe acidifier, which successfully prevents most urinary problems.

Also, consider convenient premixed Vegecat KibbleMix™. It has a magnesium content of only .073% on a dry weight basis.

The following chart lists protein, fat, and magnesium for all Vegecat™ recipes as a percentage of the dry weight.

Legend: V is VegeYeast, nutri is nutritional or brewers yeast. Tvp is TVP™ (textured soy protein). Rice is either white (w), brown (b), or par-boiled/converted (p). Garb is garbanzo beans (chickpeas).

<b>RECIPE</b>	<b>Protein%</b>	<b>Fat%</b>	<b>Mg%</b>
Seitan V	51	20	0.085
Seitan nutri	54	20	0.101
Garb canned seitan V	36	12	0.104
Garb canned tempeh V	29	16	0.108
Kibble V	26	11	0.114
Garb seitan V	39	14	0.114
Garb canned seitan nutri	36	12	0.115
Garb tempeh V	31	17	0.119
Garb canned tempeh nutri	29	16	0.120
Ricew tofu V	26	18	0.124

<b>RECIPE</b>	<b>Protein%</b>	<b>Fat%</b>	<b>Mg%</b>
Garb seitan nutri	39	14	0.125
Kibble nutri	29	11	0.126
Ricep tofu V	26	18	0.127
Lentil seitan V	31	10	0.128
Garb tempeh nutri	32	17	0.131
Oat seitan V	32	14	0.135
Ricew tofu nutri	29	18	0.135
Ricep tofu nutri	29	19	0.138
Lentil seitan nutri	33	10	0.139
Garb canned tofu V	30	16	0.143
Oat seitan nutri	35	14	0.146
Lentil tofu V	33	16	0.151
Lentil tempeh V	32	15	0.153
Garb canned tofu nutri	30	16	0.155
Garb tofu V	33	18	0.155
Riceb seitan V	30	12	0.156
Lentil nutri tofu	35	16	0.162
Lentil tempeh nutri	34	15	0.165
Riceb seitan nutri	32	12	0.166
Garb tofu nutri	33	17	0.167
Oat tofu V	26	18	0.168
Riceb tofu V	27	19	0.171
Ricew tvp V	28	9	0.176
Ricep tvp V	29	9	0.179
Oat tvp V	38	18	0.179
Riceb tofu nutri	29	20	0.182
Ricew tvp nutri	31	9	0.186
Ricep tvp nutri	31	10	0.189

<b>RECIPE</b>	<b>Protein%</b>	<b>Fat%</b>	<b>Mg%</b>
Lentil tvp V	34	10	0.191
Garb canned tvp V	33	9	0.191
Lentil tvp nutri	36	10	0.201
Garb canned tvp nutri	33	9	0.201
Oat tvp V	28	13	0.202
Garb tvp V	35	10	0.203
Garb tvp nutri	35	10	0.213
Oat tvp nutri	30	13	0.213
Riceb tvp V	29	10	0.218
Riceb tvp nutri	31	10	0.228



*CUDDLES & JEWIE*  
 LOVE to eat vegan Vegecat™ kibble



## Harbingers of a New Age (hoana)

717 E Missoula Ave, Troy MT 59935 • USA

PHONE (406) 295-4944

FAX (406) 295-7603

INTERNET

[www.vegepet.com](http://www.vegepet.com)

[info@vegepet.com](mailto:info@vegepet.com)