

## Recipes for Healthy Cats

These recipes use raw meats but not to the extreme, if you like, extent of the BARF diet. Some nutritionists would say this is not ideal. On the other hand others do advise cooking. Other holistic vets would recommend cooking the meat content as well there is I'm afraid much controversy in the world. I think we all agree none processed foods are best. Use these as a guide as to what to feed along with the other information in the site, they need not be followed to the letter Do not be afraid to vary a little and remember the raw chicken wings for the teeth in addition!

### 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.

### 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 veg oil or butter. (Less if fatty meats are used)

2 pounds of minced meat red or white or offal (liver/heart/kidney/tripe) or fish or a combination .. vary it.

4 tables spoons of 'Supplement' Powder ([see below](#))

2 tablespoons of bonemeal (3,000 mg of Calcium or 1 <sup>3</sup>/<sub>4</sub> 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 <sup>3</sup>/<sub>4</sub> to 1 <sup>1</sup>/<sub>2</sub> 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 500mg of Taurine to cat recipes if you cook the meats.**

## **Fishy Delight**

Fed occasionally this can be a treat for your cat, do not feed too often though

2 eggs  
1-2 cups of milk  
2 tablespoons of Supplement powder (see below)  
1 teaspoon of bonemeal  
2,500 i.u. of Vitamin A  
100-200 i.u. of Vitamin E  
200mg of Taurine supplement (cat vitamin tablet)  
1 teaspoon of fresh raw veg.  
1 tablespoon of vegetable oil.  
1 can of mackerel or tuna or ½ of white fish  
2 slices of brown bread

Blend together eggs milk and supplements then mix well with fish and bread serve raw or baked for 20 mins or so at 180 C.

### **'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 as in above recipes

**Or use Pet Plus, Udo's Pet Essentials or Missing Link powders along with the Vitamin C.**