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## 1. BAKING SODA DRY SHAMPOO

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

Just rub the baking soda on and be sure to rub into the coat. Let set a few minutes and brush off! The doggy smells will be all gone, and you don't need to get all wet!

## 2. BEEF AND VEGGIE BROTH

1/2 cup raw trimmed beef

A few tablespoons of beef broth (Preferably not the canned or cubed variety)

2 tablespoons cooked oatmeal

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

1 cooked minced veggie (Your cat's favorite - Carrots are often a favorite)

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

### **3. BETTER THAN GRASS SALAD**

- 1 small carrot peeled and grated
- 1/4 cup peeled and grated zucchini
- 1/2 cup chopped alfalfa sprouts
- 1 tsp. finely chopped parsley
- 1/8 cup chicken stock
- 1/4 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 the skin and bones removed
- 1 tsp. plain yogurt
- 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 tbl butter or vegetable oil
- 1/4 cup Soy flour
- 1 egg
- 2 tbl Wheat germ
- 1 tbl 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 undrained tuna
- 1 cup cornmeal
- 1 cup flour
- 1/3 cup water

Preheat the oven to 350 degrees. Measure all of the 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. Give to your cat and watch them gobble it up.

### **7. CAT JELLY**

- 3 cups chicken broth
- 4-1/2 tbl flour

1/4 cup carrots --diced into small cubes

3/4 cup minced meat (cooked) pieces of fish- optional, but it would be better to use this (COOKED)

After the chicken broth has been made, allow it to cool for around 2 minutes. Add all the flour and mix. Some flour might not dissolve but this is absolutely no problem (It will when you heat the mixture later on). Heat broth and flour mixture on high heat until a thick creamy mixture is formed. Immediately add all other ingredients and pour all contents of this meal into the cat's container. Allow it to set into jelly like substance with the carrots, minced meat and fish suspended in it. Serve to the cat.

## **8. CHEESE PLEASE**

1/2 cup grated cheese  
2 tbl plain yogurt or sour cream  
A little oatmeal  
2 tbl margarine or low-fat spread

Serves one

Mash all of the ingredients together, adding them in the order indicated above, and serve cold. No cooking is required for this dish. Some cats will not take to this dish as it is not meat based: others will love it.

## **9. CHICKENS AND PASTA STEW**

2 packages ground chicken (Or turkey)  
2-3 small carrots, cooked  
2-3 cups macaroni (Cooked)  
2 tablespoons vegetable oil  
Garlic

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

## **10. CHICKEN AND SARDINES**

1 can sardines in olive oil  
1/4 cup whole grain bread crumbs  
1 egg, beaten  
1/2 tsp brewer's yeast  
2 cooked chicken drumsticks, bones removed

Drain the sardines, reserving the olive oil, and mash. Mix in the bread crumbs, egg and yeast to an even, goeey 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 the heat, and cool before serving.

## **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 all of the time. 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.

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