



Before making your own cat food, we recommend that you consult with your Vet and / or a Veterinary Nutritionist.

Always remember that cats are Obligate Carnivores. They need a high-protein, meat-based diet to thrive and do well. A low-protein, high-carbohydrate diet is not suitable for cats. There's no such thing as a vegan cat.

The recipes below do not include the added nutrients that are essential to a feline diet, and should be regarded as tasty supplements to your cat's diet, not a replacement for a balanced diet that includes the nutrients a cat needs to thrive.

MACKEREL WITH RICE

½ cup canned mackerel
1 ½ tsp oil from the canned mackerel
1 ½ tsp organic brown rice, cooked
1 tbsp water, or as needed

- Combine all ingredients in a food processor.
- Pulse to combine.
- Serve immediately or reserve in your fridge for up to 3 days.

TUNA CAT TREATS

1 can tuna packed in spring water
1 egg white

- Preheat your oven to 325 F.
- Using an electric whisk, whisk the egg whites to stiff peak (you can do this by hand too).
- Drain the tuna and add to a small blender or food processor, together with 2 tbsp of the whisked egg white. Process to a paste.
- Transfer to a bowl, and gently fold in the remaining egg white.

- Transfer to a piping bag with a small round or star nozzle (or use a ziplock bag) and pipe small treats onto a parchment lined sheet pan.
- Bake for 20 to 25 minutes, until dry to the touch.
- Cool on a rack.
- Store in a cool dry place for up to 2 weeks.

EQUIPMENT

Small food processor or blender

Electric whisk (or use a hand whisk)

Baking sheet

Parchment paper

Piping bag with small round or star nozzle (or use a ziplock bag)