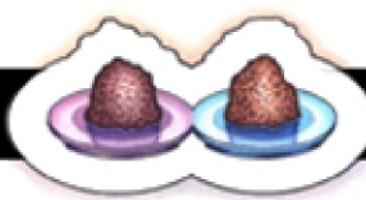


"Beef Petunia"



"Turkey Sky"

adapted from  
Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats  
by Richard H. Pitcairn, D.V.N. and Susan Hubble Pitcairn

For Either Flavor:

- 1 cup uncooked multi-grain hot cereal
- 1 egg
- 2 pounds 85% lean ground beef from Whole Foods OR
- 2 pounds ground Diestel Farms dark turkey
- 1/3 pound chicken liver
- 1 T. butter
- 1 T. canola oil
- 1 large carrot

Supplements:

- 1/3 to 1/2 cup Healthy Powder (see below). When you make beef, use the larger amount of Healthy Powder – they seem to like the taste better.
- 2 Tablespoons bonemeal
- 400 I.U. capsule vitamin E (natural source: d-alpha rather than dl-alpha tocopherols)
- 2 10,000 mg capsules Vitamin A and D

1. Cook the cereal. Use 1 cup cereal in 3 cups of water. When cereal is cooked but still hot, remove from heat and add egg, butter and oil. Heat will cook egg (raw yolk is ok but apparently raw white is not). Throw in about a tablespoon of dried nettles with the cereal – it's supposed to be good for them.
2. Cut the liver into small pieces.
3. Finely grate the carrot in the food processor.
4. Combine cereal, carrot, liver and remaining ingredients in a large mixing bowl.
5. Divide into five plastic containers and freeze (leave in refrigerator for immediate consumption).
6. Feed twice daily. Remove any uneaten food after 30 to 45 minutes. Daily ration: about 3/4 cup per cat. Lasts about a week for two spoiled kitties.

Healthy Powder:

- 2 cups nutritional yeast
- 1 cup lecithin granules
- 1/4 cup kelp powder\*
- 1/4 cup bonemeal (or 9,000 mg. Calcium)

Mix all ingredients together in 1 qt. container and refrigerate. Add to recipe as specified, or add 1 to 2 tsp. per day to commercial cat food. \*If you can't find kelp powder, substitute 1/4 tsp. iodized salt, plus 1/4 cup of either alfalfa powder or montmorillonite (a natural trace mineral powder).

Be sure to check out the recipes and advice in Pitcairn's book above and also *The New Natural Cat*, by Anitra Frazier. These recipes are compliments of [www.rowdypencil.com](http://www.rowdypencil.com) – Bon Appetite.