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## Cookies by the Spoonful

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**MOST OF THE COOKIES IN THIS CHAPTER ARE MEASURED OUT BY THE SPOONFUL TO MAKE BITE-SIZED TREATS. YOU CAN VARY THE SIZE OF THE SPOONFUL, MAKING SMALLER TREATS FOR KITTENS, SMALL CATS, AND CATS ON A DIET, OR LARGER TREATS FOR BIGGER CATS. IF YOU VARY THE SIZE FROM THAT STATED IN THE RECIPE, HOWEVER, WATCH YOUR BAKING TIMES. SMALLER TREATS NEED LESS BAKING TIME, AND LARGER TREATS NEED MORE.**

**MOST OF THESE RECIPES CREATE A DOUGH THAT IS EASILY MIXED BY HAND, ALTHOUGH YOU CAN USE A MIXER IF YOU WISH. SEVERAL RECIPES DO CALL FOR THE USE OF A FOOD PROCESSOR OR BLENDER.**

**FOR RECIPES CALLING FOR BAKING TREATS ON GREASED COOKIE SHEETS, YOU CAN USE OIL, BUTTER, OR NONSTICK SPRAY. WHEN SPOONING THE DOUGH ONTO COOKIE SHEETS, MAKE UNIFORMLY SIZED TREATS IN EACH BATCH. IF YOU MAKE TREATS OF VARIOUS SIZES AND BAKE THEM ON THE SAME COOKIE SHEET, THEY WILL BAKE UNEVENLY; SMALLER ONES MAY BURN AND LARGER ONES MAY NOT COOK COMPLETELY. WHILE BAKING ANY TREATS, WATCH THEM CAREFULLY AS THEY BAKE. OVENS VARY, AND SO DO BAKING TIMES.**



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# Tempting Tuna Treats

 Makes 55 to 65 marble-sized treats 

To most cats, tuna is almost as attractive as catnip! Tony is an all-black domestic short-hair cat who chose these treats every time during taste tests.

- 1 3-ounce can albacore tuna in water or oil, undrained
- ½ cup whole wheat flour
- ½ cup nonfat dry milk
- 1 tablespoon vegetable oil
- 1 large egg
- ¼ cup water

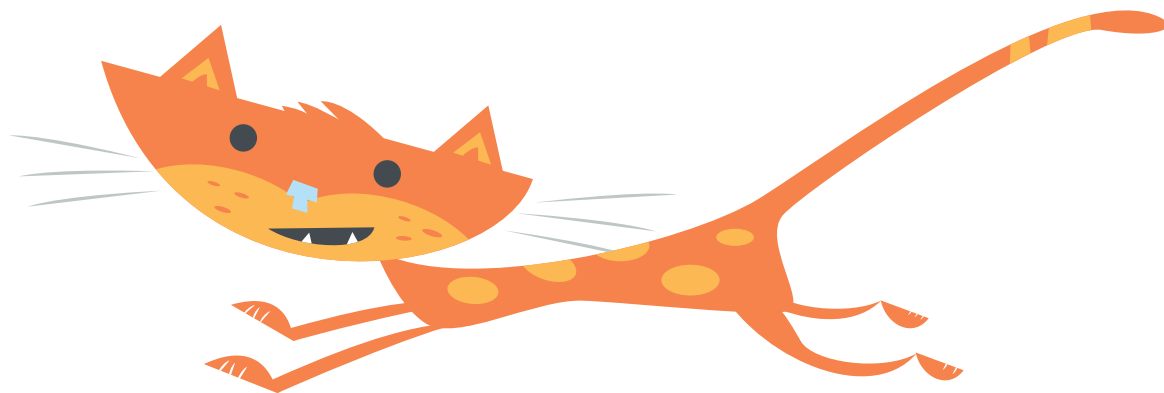
1. Preheat the oven to 350 degrees.
2. In a large bowl, use a fork to shred the tuna into small pieces.
3. Add the remaining ingredients, mixing well. The dough will be sticky.
4. Flour or oil your hands so you can handle the dough and form the dough into small, marble-sized balls.
5. Place the balls on a greased cookie sheet, and use your fingers to gently flatten them.
6. Bake for about 10 minutes or until the bottoms of the treats are golden brown.
7. Flip the treats and bake for another 5 to 10 minutes or until both sides of the treats are golden brown.
8. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## NUTRITIONAL NOTES: TUNA

Cats love tuna, sometimes to the point of addiction. But even human-grade canned (or fresh) tuna should not be used as a sole food for a cat, no matter how much the cat enjoys it, because eating only tuna can cause a vitamin E deficiency. Tuna also contains insufficient taurine for good health. However, because it is so attractive to cats, it does make an excellent cat treat, and many recipes in this book contain tuna. Most cats enjoy drinking the water drained from a can of tuna packed in water. Just remember that these are treats and not intended to be a complete daily diet.

A 3-ounce can of albacore tuna in water contains:

- 80 calories
- 18 grams protein
- 1 gram fat
- 0 carbohydrates
- 350 mg sodium



# Quick and Easy Treats

 **Makes 12 tablespoon-sized treats** 

These uncooked treats are quick and easy to make, especially if you have some leftover rice. Serving sizes can vary, from a teaspoon for a kitten or small cat to a tablespoon for a large cat.

**1 cup cooked green beans**

**1 3-ounce can of your cat's favorite canned cat food**

**$\frac{2}{3}$  cup cooked rice**

- 1.** Place the green beans in a food processor or blender and puree until they form a paste.
- 2.** In a mixing bowl, combine the green bean puree and the other ingredients, mixing well.
- 3.** Refrigerate the mixture in a covered container.
- 4.** To serve, spoon the desired portion (a teaspoonful for a kitten or a tablespoonful for an adult cat) into your cat's bowl.

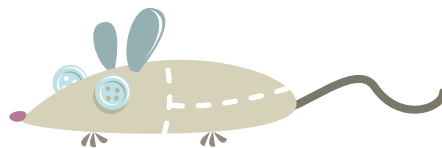
## TREATS AND TIDBITS: STORING TREATS

You can produce the best cat treats in the world, but if you do not store them properly, your efforts will be in vain. Even worse, your cat might get sick if the treats have spoiled.

Before storing treats, make sure they have cooled completely. If they are still warm, moisture will build up in the container, and the treats will soften and perhaps even spoil.

Always store treats in an airtight container, either a plastic bowl with a tight-fitting lid or a zipper-top plastic bag with the air pressed out. Airtight containers seal in freshness and keep moisture out.

Treats containing meats should always be refrigerated after cooling. Simply remove as many treats as you wish to give your cat and then return the rest to the refrigerator. Most meat-based treats in the refrigerator have a shelf life of about 2 weeks. If you want to keep them longer, just pop them in the freezer. Treats can be frozen for up to 4 months.



# Simply Special Sardines

🐾 Makes 20 heaping tablespoon-sized treats 🐾

This recipe will please every feline fish lover! Serving sizes of this uncooked treat can vary, from a teaspoon for a kitten or small cat to a tablespoon for a large cat.

1 3.75-ounce can sardines in oil, undrained

$\frac{2}{3}$  cup cooked rice

$\frac{1}{4}$  cup cat grass, finely chopped

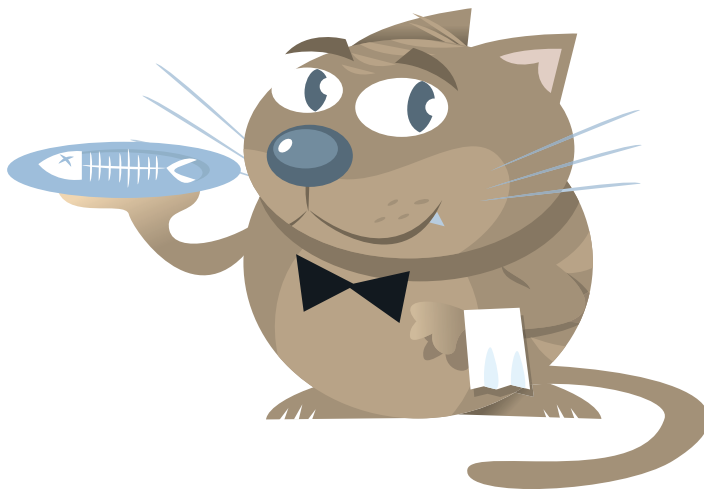
1. Place the sardines and their oil in a food processor or blender and puree until smooth.
2. In a mixing bowl, combine the sardine puree and the remaining ingredients, mixing well.
3. Refrigerate in a covered container for up to 1 week. Freeze the excess.
4. To serve, spoon the desired portion (a teaspoonful for a kitten or a tablespoonful for an adult cat) into your cat's bowl.

## TREATS AND TIDBITS: CAT GRASS

The term *cat grass* refers to grasses grown indoors, specifically for cats. These grasses can be found as seeds packaged for this purpose or as grasses already sprouted in potting soil and ready for the cat to munch on.

Cat grasses can provide essential fiber for your cat's diet. They can also be something for your cat to play with—part of your environmental enrichment program. If your cat likes to munch on greens, providing her some cat grass may keep her away from your potted plants or from wanting to spend time outside.

The most common seeds used in commercial cat grass preparations include oats, wheat, Japanese millet, and bluegrass. You can also use fescue and ryegrass. Do *not* use sorghum or sudangrass, because they are both poisonous to cats.





# Chicken Liver Pate

🐾 Makes 2 4-ounce pates 🐾

All our taste-testing cats devoured this recipe with gusto! Serving sizes can vary, from a teaspoon for a kitten or small cat to a tablespoon for a large cat.

4 chicken hearts and/or gizzards  
6 ounces chicken livers  
1 ounce chicken fat  
1 large egg  
½ teaspoon garlic powder

1. Preheat the oven to 350 degrees.
2. Rinse the chicken livers and hearts and/or gizzards. Set aside.
3. Place the chicken fat in a skillet and warm. Add the chicken livers and hearts and/or gizzards. Cook until brown.
4. Place the cooked chicken parts in a food processor. Add the egg and garlic powder. Puree until relatively smooth.
5. Grease two mini loaf pans. Divide the pureed chicken between the two pans.
6. Place a baking pan that is large enough to hold both mini pans in the oven. Fill with about 2 inches of boiling water, and set the two loaf pans in the water.
7. Bake for 30 minutes.

8. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator for up to 1 week. Freeze any excess treats and thaw before serving.
9. To serve, spoon the desired portion (a teaspoonful for a kitten or a tablespoonful for an adult cat) into your cat's bowl.

### TREATS AND TIDBITS: CATS ARE CARNIVORES

From the shape of their teeth to the functioning of their bodies and their hunting behaviors, all cats are designed to eat meat. Wild cats catch and eat live prey; you will never see a wild cat harvesting and drying alfalfa for an afternoon snack or boiling a pot of wheat for breakfast. However, it's very difficult to feed our companion cats a balanced diet consisting entirely of meat. Carbohydrates (plant-based foods) make cooking and baking dry cat foods and dry treats much easier. In addition, carbohydrates are inexpensive, especially compared to meat.

When feeding your cat—both her daily foods and her treats—it's important to keep an eye on her diet. Too many carbohydrates can have a detrimental effect on your cat's health. If you have any questions, talk to your veterinarian.



# Leftover Magic

🐾 Makes 4 to 6 servings 🐾

Animal behaviorists agree that it's not a good idea to feed your pet (whether cat, dog, bird, or ferret) from the dining room table because it could lead to bad behaviors you'll regret later (begging too much, jumping up on the table, or even stealing food). However, if you have some leftovers, you can share them with your cat by giving them to her in her bowl or from a spoon after you've eaten your meal. Serving sizes for this treat vary from a tablespoon for a kitten to  $\frac{1}{4}$  cup for an adult cat.

$\frac{1}{2}$  cup cooked chicken, turkey, fish, or beef

$\frac{1}{4}$  cup cooked rice, sweet potato, squash, or pumpkin (plain, without sugar or seasonings)

$\frac{1}{4}$  cup greens (cat grass, pureed green beans, or finely chopped red or romaine lettuce)

1. Place the meat in a bowl and use a fork to shred it into small pieces.
2. Combine the remaining ingredients and mix gently but thoroughly.
3. Store in a covered container in the refrigerator for up to 1 week.
4. To serve, spoon the desired portion (a tablespoonful for a kitten or  $\frac{1}{4}$  cup for an adult cat) into your cat's bowl.



# Ooh la la, Oysters!

 **Makes about 40 ½-teaspoon-sized treats** 

Oysters for your cat? Why not? These treats were eagerly eaten by most of our test cats and throughout our taste tests were one of the favorites.

- 1 3.75-ounce can oysters
- 6 baby carrots
- 2 tablespoons tomato paste
- 1 large egg
- ⅓ cup plain, unseasoned bread crumbs
- 2 teaspoons brewer's yeast

1. Preheat the oven to 350 degrees.
2. Place the oysters, carrots, and tomato paste in a food processor or blender and puree until they form a smooth paste.
3. In a mixing bowl, combine the pureed mixture and the remaining ingredients, mixing well.
4. Drop by ½ teaspoonful onto a greased cookie sheet.
5. Bake for 8 to 12 minutes or until the bottoms of the treats are golden brown.
6. Flip the treats and bake for another 5 minutes or until both sides are golden brown.
7. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.



# Wake Up, Sleepyhead!

 **Makes 6 tablespoon-sized treats** 

This is a wonderful treat to start the day! You can use leftover eggs from your breakfast or scramble a fresh one. All our taste-tester cats enjoyed this easy-to-make treat. Because of its appeal, you can also use these delectables as training treats.

**½ cup scrambled eggs**

**¼ cup finely grated cheddar cheese**

**1 3-ounce can of your cat's favorite canned cat food**

- 1.** Place all the ingredients in a food processor or blender and puree until they form a coarse paste.
- 2.** Store in an airtight container in the refrigerator for up to 3 days.
- 3.** Serve by the tablespoonful in your cat's bowl.

## NUTRITIONAL NOTES: PROTEIN

Complete proteins, which contain all the amino acids needed for good feline health, can be found in meats, eggs, fish, milk, and other dairy products. Incomplete proteins, those that are lacking one or more of the essential amino acids, are found in beans, peanuts (and other nuts), grains, and potatoes (including sweet potatoes). As true carnivores, cats require more essential amino acids than dogs, so meats and other sources of complete proteins are even more important to a cat's diet than to a dog's.

Proteins are needed for all the functions of life, including growth, repair of injuries, energy, and much more. One gram of protein supplies the body with 4 calories, the same as 1 gram of carbohydrates.



# Bisquick and Beef

 Makes 50 ½-teaspoon-sized treats 

Bake these treats just until the bottoms begin to turn golden brown. When these treats were overbaked, our taste-tester cats turned up their noses; when baked for a shorter period of time and still somewhat soft, the treats were eagerly eaten.

½ cup cooked beef  
1 large egg  
⅓ cup Bisquick baking mix  
1 tablespoon water

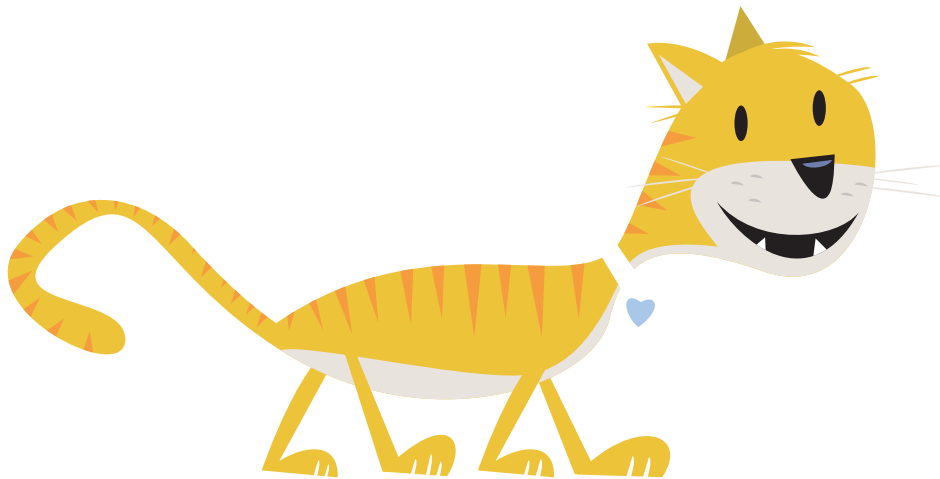
1. Preheat the oven to 350 degrees.
2. Place the beef and egg in a food processor or blender and puree until they form a thick paste.
3. In a mixing bowl, combine the meat and egg mixture with the Bisquick and water, mixing well.
4. Drop by ½ teaspoonful onto a greased cookie sheet.
5. Bake for 5 to 7 minutes or until bottoms of the treats just begin to turn golden brown.
6. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## NUTRITIONAL NOTES: BISQUICK

Bisquick is a staple in many households. It can be used for making coffee cakes, pancakes, and many other human treats. Although there are no cat treat recipes listed on the box, Bisquick can be a great base for cat treat recipes. Bisquick contains all-purpose flour, with added vitamins, oil, baking soda, sugar, and salt. Bisquick is a convenience food for cat treat bakers because it already contains many of the ingredients you might use in a recipe. If your cat is on a low-sodium diet, however, do not use Bisquick.

½ cup of Bisquick contains:

- 160 calories
- 3 grams protein
- 6 grams fat
- 26 grams carbohydrates
- 1 gram sugar
- 35 mg potassium
- 490 mg sodium





# Bountiful Banana Treats

🐾 Makes 35 to 40 ½-teaspoon-sized treats 🐾

This treat is made using Prowl, a dehydrated cat food made by The Honest Kitchen (see next page).

- ⅓ cup Prowl
- ⅓ cup warm water
- 1 tablespoon sour cream
- ½ average-sized banana, mashed
- ⅓ cup rice flour

1. Preheat the oven to 350 degrees.
2. Put the Prowl in a small bowl. Add the warm water, stir, and allow the Prowl to rehydrate for 5 minutes.
3. In a mixing bowl, combine the rehydrated Prowl, the sour cream, and the banana, mixing well.
4. Stir in the rice flour.
5. Drop by ½ teaspoonful onto a greased cookie sheet.
6. Bake for 8 to 10 minutes or until the bottoms of the treats are golden brown.
7. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

***Apple Treats:*** Although most cats like banana, if you find your cat turning up her nose at it, you can substitute ⅓ cup unsweetened applesauce for the banana in this recipe.

## NUTRITIONAL NOTES: PROWL

Prowl is a dehydrated cat food made by The Honest Kitchen in San Diego, California ([www.thehonestkitchen.com](http://www.thehonestkitchen.com)). Prowl contains 100% human-grade chicken, eggs, potatoes, yams, organic flaxseed, zucchini, spinach, honey, cranberries, and rosemary.

The guaranteed analysis of Prowl is:

- Protein: minimum 32%
- Fat: minimum 28%
- Fiber: maximum 2.5%
- Moisture: maximum 4.2%
- Calcium: minimum 0.9%, maximum 1.0%
- Phosphorus: minimum 0.78%, maximum 0.80%
- Sodium: minimum 0.2%, maximum 0.38%
- Magnesium: minimum 0.07%, maximum 0.09%
- Taurine: minimum 0.12%, maximum 0.14%
- Calories: 5,070 per kg
- Carbohydrates: 29%



# Chicken and Stars

🐾 Makes 30 to 40 teaspoon-sized treats 🐾

This easy-to-make recipe is tasty and appealing to most cats. When you measure out the condensed chicken soup, do not dilute it with water; use it in the recipe in its condensed form.

½ cup Campbell's Chicken and Stars condensed soup

1 cup all-purpose flour

1 large egg

1. Preheat the oven to 350 degrees.
2. In a mixing bowl, combine all the ingredients until well mixed.
3. Drop by teaspoonful onto a greased cookie sheet.
4. Bake for 8 to 10 minutes or until the bottoms of the treats are just turning golden brown.
5. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.
6. To serve, break each treat into bite-sized pieces.





# Tempting Chicken Soup Snacks

 **Makes 80 to 100 bite-sized treats** 

These are soft cookies with a strong chicken flavor that will tempt even the most finicky cat! Amber, a 3-year-old orange shorthaired female, gobbled these up. The serving size can be one snack for a full-grown cat or half a snack for a smaller cat or kitten.

- 1 cup high-quality chicken-based dry cat food**
- 2 cups Bisquick baking mix**
- 1 18.8-ounce can Campbell's Chunky Chicken soup**

- 1.** Preheat the oven to 350 degrees.
- 2.** Place the cat food in a food processor or blender and grind to a coarse powder. Measure 1 cup after grinding.
- 3.** In a large bowl, combine the ground cat food and the remaining ingredients, mixing well.
- 4.** Drop by teaspoonful onto a greased cookie sheet.
- 5.** Score each cookie in half.
- 6.** Bake for 8 to 12 minutes or until the bottoms of the treats begin to turn golden brown.
- 7.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

# Italian Goodies

 Makes 40 to 50 bite-sized treats 

These goodies have a great tomato and Parmesan cheese odor and taste.

- ½ cup high-quality dry cat food
- 2 cups finely shredded, cooked ground beef
- ¼ cup grated carrot
- ½ cup canned grated Parmesan cheese
- 1 large egg
- 1 tablespoon tomato paste

1. Preheat the oven to 350 degrees.
2. Put the cat food in a food processor or blender and grind to a coarse powder. Measure ½ cup after grinding.
3. In a mixing bowl, combine all the ingredients, mixing thoroughly.
4. Form the dough into marble-sized balls.
5. Bake for 10 to 12 minutes or until the bottoms of the treats are golden brown.
6. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## TREATS AND TIDBITS: HELPING THE OVERWEIGHT CAT

Obesity is the number-one problem most veterinarians see in cats today. Obesity can lead to a variety of health problems, including joint pain and disorders, as well as diabetes. You can help your cat slim down by taking a few steps:

- Feed a good-quality food.
- Feed at certain times of the day instead of leaving the food out all day to keep your cat from free feeding all day.
- Measure how much food you give your cat. She needs to feel full yet not overindulge.
- Make sure all treats are low fat and limit how many treats your cat eats each day.
- Increase your cat's activities. Find some good toys to increase her desire to play. Wake her up and have her walk around the house. Put up a birdfeeder outside a window so she has something interesting to watch.



# Yummy Chicken Liver Balls

🐾 Makes 50 to 55 pea- to marble-sized treats 🐾

Squash, a 4-month-old orange-and-white kitten, prowled the kitchen, crying, when these treats were being made.

- 1 pound finely chopped cooked chicken livers
- 1 cup cornmeal
- $\frac{3}{4}$  cup all-purpose flour
- 2 large eggs
- $\frac{1}{4}$  cup chicken broth

1. Preheat the oven to 350 degrees.
2. Combine all the ingredients, making sure the chicken liver is well coated. The dough should be stiff, but if it's too dry, add a little more chicken broth.
3. Form the dough into pea- to marble-sized balls and place on a greased cookie sheet.
4. With the tip of a spoon, press a tiny indentation into the top of each ball.
5. With a spoon, carefully drip a few drops of chicken broth in each indentation.
6. Bake the treats for 8 to 10 minutes or until the bottoms of the treats are golden brown.
7. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## NUTRITIONAL NOTES: CORN AND CORNMEAL

Corn originated in Central America and was a food staple for thousands of years, although not in the form we see today. Today's corn is a much larger plant, and the ears are huge compared to the ears of yesteryear. Today, corn is a high-fiber, high-carbohydrate food that is also a source of vitamin C and some of the B vitamins. Cornmeal is made from dried corn kernels. Although many cats eat corn and cornmeal with no problem (it's in many dry cat foods), some cats cannot tolerate it and develop a food allergy. If your cat is allergic to corn, avoid the recipes containing corn or cornmeal.

1 cup of cornmeal contains:

- 490 calories
- 12 grams protein
- 2 grams fat
- 100 grams carbohydrates
- 450 mg calcium
- 858 mg phosphorus
- 57 RE vitamin A
- 1 mg thiamin
- 1 mg riboflavin

