



# CALPURNIA'S COMESTIBLE COLLECTION

St. Gertrude's monastery kitchen was famous for its bread because it was said to repel rodents. That recipe may have been lost to the ages, but here are some special treats for feline gourmets. These have all been Little-Cat\*\* tested and approved (but he's not picky). Note: If you're a cat and reading this, you'll need to find a human to assist you. You might also consider finding a talent agent. -Calpurnia

## LITTLE CAT'S FAVORITE COOKIES

1 cup wholewheat flour  
1 6-oz. can tuna in oil (do not drain)  
1 tablespoon vegetable oil  
1 egg



Combine all ingredients in small bowl and mix well. Grab it up. (If mixture is too stiff to handle [pawdle?], add water, a few drops at a time. If too thin, add more flour.) Shape into feline-bite-size balls or even roll them out and cut them with small cookie cutters-whatever... (Remember, you are doing this as a favor for your cat, not vice-versa, no matter how much she/he has convinced you otherwise-C). Make them about 1" thick and place them on an ungreased cookie sheet (I like to use parchment paper-C). Bake in a pre-heated 350°F oven for 10-20 minutes, or until firm. Time will vary depending on size-if they look really brown on the edges, take them out sooner. Cool on wire racks. Serve as desired. Store in airtight container in refrigerator.

## CATNIP NIBBLES

1 cup whole wheat flour  
1/4 cup soy flour  
1 teaspoon catnip  
1 egg  
1/3 cup milk  
2 tablespoons wheat germ  
1/3 cup powdered milk  
1 tablespoon unsulfured molasses  
2 tablespoons butter or vegetable oil

Mix dry ingredients together, then add molasses, egg, oil and milk. Roll dough out flat onto a greased (or parchment-covered) cookie sheet and cut into small pieces. Bake in a pre-heated 350° oven for 20 minutes. Cool and store in tightly sealed container.

These recipes are dedicated to Calpurnia, who watched over us faithfully as nanny, comforter, mouser, and companion for 22 years. She was foster mother to Little Cat, even though he quickly grew to twice her size. I like to think that her spirit has supervised production of this page, which is why you'll find editorial notes from her. PB



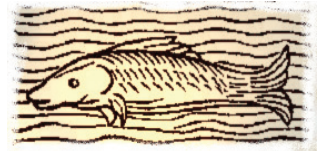
**BLISSKITS** (a good use for that water or oil when you drain a couple of cans of tuna for a salad for yourself-C)

1/2 cups rolled oats (old fashioned)  
1/2 cup flour  
1/4 cup vegetable oil (or reserve from canned

tuna)

1/2 cup reserved water from canned tuna (or chicken, fish or beef bouillon) (You could try mixing tuna oil with chicken or beef bouillon, but I wouldn't-C.)

Combine all ingredients into a dough. Dust your paws with flour and shape into small, bite-size "biscuits." Place on greased (or parchment-papered) cookie sheet. Bake in a pre-heated 350°F oven for 30 minutes, or until biscuits are lightly browned. Cool before serving.



## SALMON MOUSE

1 6-oz. can boneless, skinless salmon  
1/4 cup fine bread crumbs  
1/2 cup finely chopped celery  
1 egg, beaten  
1 envelope unflavored gelatin  
1/2 cup water

Combine all ingredients and mix well. Pack into a small mold and bake for 45 minutes in preheated 325°F oven. Serve at room temperature. (On a dish for your cat and on toast for you!-C)

## CHEESY CHEWS

1 1/2 cups of wholewheat flour  
1/2 cup of cornmeal  
1 cup shredded cheddar cheese  
1 teaspoon parsley flakes  
1 1/3 cup vegetable oil  
4 tablespoons chicken broth

Combine and mix well. Dough should be very stiff, but add a few drops of broth if needed to roll onto a floured board to a 1/4" thickness. Cut into shapes (See my notes on Little Cat's cookies-C) and bake on an ungreased cookie sheet in preheated 350°F oven for 10 minutes (or until golden). Cool on wire racks. Serve as desired. Store in airtight container in refrigerator.

## CAT SALAD



Kitties need their leafy greens...

1 small carrot, finely grated  
1/2 cup chopped sprouts  
2 teaspoons finely chopped fresh parsley  
1 teaspoon fresh organic catnip (or 1/2 teaspoon dried)  
2 tablespoons vegetable broth

Blend carrot, sprouts, parsley and catnip in a medium-size bowl.

Add broth and lightly toss. Place a small portion in your cat's bowl and refrigerate the leftovers in an airtight container.

(If this salad is not well-received, you can use it for garden compost-C).