

# Sweet Potato Cat Food

*This recipe makes 4 cups*



## Ingredients

½ cup apples

1½ cups zucchini

1½ cups cooked sweet potatoes

¼ cup tuna (or protein of choice)

## Directions:

1. Boil your sweet potatoes until they are fully cooked through.
2. Chop all of the produce into cat bite size pieces.
3. Stir in the tuna.
4. Line your tray with parchment.
5. Spread the mixture out onto the tray.
6. Freeze dry (my cycle time was 28 hours).
7. Before storing, run the cat food through a blender to break it down some. You don't need to turn it into a powder because you want some of the food chunks for your kitty to eat. It just needs to break down enough so that it will be able to press into a dough when you rehydrate.
8. Store in jars for short-term use or in mylar bags for long-term storage.

## Rehydration:

In a bowl, add 1 part water to 2 parts cat food and stir. You can substitute part of the water with a broth if you choose.

## Notes:

You should consult a veterinarian before feeding any pet homemade food to ensure that all of their nutritional needs are being met. With cats, texture can make a difference in whether or not they will eat their food. You may need to try the same recipe cooked, pureed, chunky etc. until you find what your cat likes. You may also need to substitute ingredients for ingredients your cat doesn't like. Finally, this is not intended to be a replacement for your cat's total diet. They need other nutrients as well.

## Nutritional Value Per ¼ cup

Calories: 20 Protein: 1.5 g Fat: 0 g Carbohydrates: 3.5 g Sugar: 2 g Fiber: 0.5 g