

# VEGEPUP RECIPES

Formula, Recipe & Serving Size Changes

Your puppy will flourish on a plant-based, homemade diet free from heavy metals, preservatives, herbicides, pesticides, GMOs, allergens, and meat products. It's a healthier, cleaner alternative they'll love. It's also healthier for the Earth and the many farmed animals a lifetime of plant-based eating will save.

## Transition Gradually

Mix a small amount of the new food in with the old and adjust the proportions over a period of 1-2 weeks.

## Organic & Non-GMO Ingredients

GMO (Genetically Modified Organism) ingredients, pesticides, and herbicides can cause gastrointestinal issues, food allergies, and more. Soy, canola, and corn that is not organic is almost certainly genetically modified in the USA. Compassion Circle strongly recommends organic food for you and your companion animals!

## Digestive Enzymes

Almost every process in the body requires enzymes. Digestion is no different. Digestive enzymes are produced in the body and found in plants and raw foods. These enzymes are heat sensitive, so cooking and processing food destroys natural enzymes. We recommend adding plant-derived enzymes to any cooked food to maximize the absorption of valuable nutrients and aid digestion. A small amount of raw food doesn't supply enough enzymes to compensate for the enzyme loss in cooked food. You'll find two great digestive enzyme choices in the Compassion Circle Shop – Enzyme Miracle and Plant Enzymes & Probiotics.

## Vegetables (& Fruit) – YES!

Adding vegetables to your puppy's food is ideal. Veggies add few calories, but valuable, easily-absorbed vitamins and minerals. While our recipes meet nutritional requirements without the addition of fruit or vegetables, we highly recommend adding veggies to make up about 10% of the diet. Pureed, lightly steamed vegetables are wonderful, as are raw purees with a base of lettuce or greens. You can add cooked mushrooms, sweet potatoes, carrots, green beans, cauliflower, corn, asparagus, greens, turnips, and squash. Uncooked, chopped zucchini, broccoli, and sweet peppers are also good additions. (This list is not exhaustive!)

Puppies often enjoy chew toys of raw cauliflower florets, asparagus spears, or celery stalks. Raw apples, cucumbers, berries, and melon can be added to purees or given alone as treats.

It is ideal to add purees or steamed veggies to dry kibble because this increases the water content of the food and improves urine concentration.

Do not feed onions, garlic, or grapes/raisins. These are toxic to dogs, as are bay leaves, macadamia nuts, avocado pits, xylitol, chocolate and more. Please research unknowns!

## Yeast Powder (VegeYeast)

Food yeast – like VegeYeast and nutritional yeast – adds high quality protein, an array of nutrients, B vitamins, and flavor to food while possibly deterring fleas. Our VegeYeast is a modified brewer's yeast that is more acidic than other food yeast. It is a good counterbalance to the alkalinity of a plant-based diet. Food yeast is no loner necessary to provide B vitamins to the Vegepup diet, as it was prior to 2025, but it is used in recipes to make them more calorie and nutrient dense.

## Oils - EFAs are important!

Essential Fatty Acids (EFAs) are important during the growth stage. The omega-6 fatty acid, linoleic acid (LA), is especially important. Dogs and puppies can produce some other fatty acids they need with enough linoleic acid in the diet. This includes the production of arachidonic acid.

When a recipe calls for olive or sunflower oil, it is to meet the linoleic acid (LA) requirement. The following oils are a comparable substitute for sunflower oil: safflower, evening primrose, grape seed, organic canola, and hemp oil.

Omega-3 fatty acids come from the algae or flax oil in the Vegepup recipes. Only algae oil provides DHA and EPA, two important EFAs for growth and brain health, so we highly recommend that you use an algae oil daily. You'll find an organic, vegan Omega 3, 6, and 9 oil in the Compassion Circle shop that is one great option.

Store oils in the refrigerator. Smell and taste them before use to be sure they are not rancid.

## Textured Soy Protein (TSP)

Textured soy protein (TSP), also known as textured vegetable protein (TVP®), is a defatted soy flour. Measure TSP before reconstituting it with water or low sodium broth. Recipes refer to the dry measure of TSP. Add ¾ cup of boiling water to each cup of dry TSP (95-120g). Let the powder or flakes completely absorb the liquid. Textured soy protein chunks (which are larger) may require a brief simmering before ready for use. Recipe cup measures are based on 1 cup of dry TSP weighing 105 grams. This varies from product to product. Use the dry gram measure for best accuracy. Again, we recommend using organic, non-GMO soy products.

## Seasonings

Mock meat (with little or no onion or garlic), pureed vegetables, watered down nut or seed butter\*, pureed or mashed sweet potato, pumpkin, and favorite table scraps from your own meals increase palatability, although increasing palatability is rarely necessary for dogs.

\*DO NOT use xylitol or nut or seed butter that contains xylitol.

## Utensils

A one or two cup measure and measuring spoons are needed if you are not using a kitchen scale and the gram measurements in the recipes. A kitchen scale is ideal to have, as the dry gram measurements in the recipes are most accurate. For kibble, have on hand: two or three large cookie sheets, an oversize rolling pin, a cutting board, and a chef's knife or pizza cutter.

## About the Recipes

Young puppies need roughly 2 times more calories per pound of body weight than adult dogs. They eat more, more often, and puppies have higher nutrient requirements than adults dogs. Pregnant or lactating mamas also eat considerably more than average adults. While not ideal, adult dogs who are not pregnant or lactating may eat recipes prepared with the Vegepup supplement. It is best to use the Vegedog™ supplement and recipes for dogs 12-14 months of age and older.

The Vegepup supplement need not be cooked or heated. It should be added after prepared ingredients are combined, but mixed into warm food. Ingredients can be prepared separately, then mixed together, or you may come up with your own method. Prepared meals can be stored in the refrigerator or freezer, with or without the supplement added.

Ask your veterinarian how many calories to feed your puppy, or use an online calorie calculator (like <http://vetcalculators.com/calories.html>). The calories per cup of food is estimated under each of our recipe headings. Due to variations in cooking, your recipe could yield a different amount of food. The most accurate way to find out how many calories per cup your home-prepared meal yields is to measure how many cups your recipe makes and divide the total number of calories in the recipe by the number of cups you've made.

The soy sauce and salt in recipes is to provide needed sodium. If you make substitutions, 1 teaspoon soy sauce contains 340mg sodium. Adjust accordingly.

## How much Vegepup per day?

Vegepup recipes have the amount of Vegepup factored into the recipe. If you modify our recipes, please only substitute legumes for legumes or grains for grains, and be mindful of the protein content in your puppy's diet; it should be roughly 30%. To supplement recipes that do not come from Compassion Circle, see the serving size chart on the product label to determine the daily serving size for

your puppy or dog. Mix the daily serving amount into the total amount of daily food, or divide it between daily meals. On average, recipes need 1 tablespoon (16g) of Vegepup for every 1000 calories.

## SOY KIBBLE

Protein 25% · Fat 13% · Calories: 3780  
Estimated 9 cups

- Preheat oven to 300°F (150°C).
- Mix the dry ingredients:
  - 3-½ cups whole wheat flour (520g)
  - 4 cups whole soy flour (364g)
  - 1-½ tbsp. ground flaxseed (10.5g)
  - 3 tbsp. VegeYeast or yeast powder (25g)
  - 3-⅓ tbsp. Vegepup (53g)
- Mix the following wet ingredients together then add to mixed dry ingredients.
  - 1-⅓ tsp. salt (7.6g) OR 3 tbsp. soy sauce (53g)
  - 2 tbsp. plus 1 tsp. sunflower oil (32g)
  - 3-¾ cups water, as needed to form dough

Low-sodium pasta sauce or vegetable broth may be substituted for some water for additional flavor. You can also add nut or seed butter for flavor.
- Stir with a large strong spoon to form soft dough.
- Flour hands and counter top to keep dough from sticking. Empty the bowl onto the counter top. Knead the dough by folding it on itself several times until smooth, proceeding as if making a pie crust.
- Roll dough to roughly ¼" thickness and smooth in place on a cookie sheet, kneading into corners.
- Prick dough with a fork to prevent bubbles.

## Baking:

Bake for 30 minutes at 300°F. Don't bake so long that the edges get brown and brittle.

## Cutting:

With a large chef's knife or pizza cutter, cut baked kibble into bit size pieces, determined by the size of your puppy or dog.

## Dehydrating:

Separate kibble pieces onto two or more cookie sheets and place in a warm oven (at its lowest temperature) for two or three hours until crunchy dry. Direct sunshine is an energy efficient way to dry kibble, too. Kibble is dry enough when you can't

compress pieces with finger pressure.

Refrigeration is unnecessary.

Fresh kibble and biscuits help keep teeth and gums healthy, but we highly recommend feeding wet food for part of the diet.

Optional: add pureed veggies or steamed, chopped veggies to kibble before serving. Variety is best!

## GARBANZO

Protein 24% · Fat 11.5% · Calories 977  
Estimated 3 cups @ 325 calories per cup\*

3 cups cooked garbanzo beans (480kg), mostly drained. Start with 1 cup dry beans.

If using canned beans, use beans without salt or leave the salt or soy sauce out of the recipe.

1 tbsp. VegeYeast or yeast powder (9g)

1-½ tsp. nut or seed butter (peanut, almond, sesame) (24g) that DOES NOT contain xylitol. [Xylitol is toxic to dogs.]

¼ tsp. algae oil or flaxseed oil (2g)

½ tsp. salt (1.8g) OR 2 tsp. soy sauce (13g)

2-½ tsp. Vegepup (14g) [or 1 scant tablespoon]

Optional: Toppers like hemp seeds, ground flaxseed, alfalfa, parsley, basil, spirulina or Green Mush, and/or up to ½ cup steamed or chopped veggies.

Soak garbanzos overnight. The water level should be a few inches over the beans to allow for expansion. Cook in fresh water and until soft. Legumes can be cooked with a potato or piece of kombu to increase digestibility. Drain and crush warm beans with a potato masher, fork, or food processor.

Mix in the other ingredients.

You may double or triple this recipe, or any of our recipes, by adding 2x or 3x the amount of each ingredient. Leftovers can be frozen in portion size containers with the Vegepup supplement mixed into the food or stored in the fridge for up to 4-days.

Your puppy will appreciate room temperature or slightly warmed food, not food straight from the fridge.

If you add digestive enzymes or Green Mush, add those just before serving the food; do not add them to food you will store in the fridge or freezer. Digestive enzymes begin working when they hit moisture. You don't want that to happen before your puppy eats.

\*Estimated volume less if legumes are mashed/blended.

## GARBANZO & TSP

Protein 30% · Fat 9.5% · Calories 1135

Estimated 4 cups @ 285 calories per cup\*

3 cups cooked garbanzo beans (480kg), mostly drained. Start with 1 cup dry beans.

If using canned beans, use beans without salt or leave the salt or soy sauce out of the recipe.

½ cup dry TSP (57g) reconstituted with ½ cup boiling water.

2 tbsp. VegeYeast or yeast powder (18g)

2 tsp. olive or sunflower oil (9.5)

¼ tsp. algae oil or flaxseed oil (2g)

½ tsp. salt (2.2g) OR 2-¾ tsp. soy sauce (16g)

1 tbsp. Vegepup (17g)

Optional: Toppers like hemp seeds, ground flaxseed, alfalfa, parsley, basil, spirulina or Green Mush, and/or up to ½ cup steamed or chopped veggies.

See the previous recipe for garbanzo prep instructions.

## GARBANZO & TOFU

Protein 26.5% · Fat 11.5% · Calories 1178  
Estimated 4-½ cups @ 260 calories per cup\*

3 cups cooked garbanzo beans (480kg), mostly drained. Start with 1 cup dry beans.

If using canned beans, use beans without salt or leave the salt or soy sauce out of the recipe.

7.5oz extra firm tofu; roughly 1-½ cups (225g)

1 tbsp. nut or seed butter (peanut, almond, sesame) (16g) that DOES NOT contain xylitol. [Xylitol is toxic to dogs.]

2 tbsp. VegeYeast or yeast powder (18g)

¼ tsp. algae oil or flaxseed oil (2g)

½ tsp. salt (2.2g) OR 2-¾ tsp. soy sauce (16g)

1 tbsp. Vegepup (17g)

Optional: Toppers like hemp seeds, ground flaxseed, alfalfa, parsley, basil, spirulina or Green Mush, and/or up to ½ cup steamed or chopped veggies.

See the first garbanzo recipe for garbanzo prep instructions.

## LENTIL & RICE

Protein 26% · Fat 10% · Calories 790  
Estimated 2-½ cups @ 315 calories per cup\*

2 cups cooked lentils (380g). Start with 1 cup dry lentils (200g).

½ cup cooked rice (92g). Soak and/or rinse before cooking. Cook with plenty of water; a little more than you would use for yourself.

½ tsp. olive or sunflower oil (7g)

¼ tsp. algae oil or flaxseed oil (2g)

2 tbsp. VegeYeast or yeast powder (18g)

2-¾ tsp. Vegepup (14g) [or 1 scant tablespoon]

½ tsp. salt (1.8g) OR 2 tsp. soy sauce (12g)

Optional: Toppers like hemp seeds, ground flaxseed, alfalfa, parsley, basil, spirulina or Green Mush, and/or up to ¼ cup steamed or chopped veggies.

Soak lentils in cold water for 2 hours. Drain, cover with water, and cook until soft. Drain before adding to meal.

DO NOT cook lentils with bay leaves. Bay leaves are toxic to dogs.

## LENTIL, RICE & TOFU

Protein 28.5% · Fat 9% · Calories 886  
Estimated 3-¼ cups @ 272 calories per cup\*

2 cups cooked lentils (380g). Start with 1 cup dry lentils (200g).

½ cup cooked rice (92g). Soak and/or rinse before cooking. Cook with plenty of water; a little more than you would use for yourself.

5.5oz extra firm tofu; roughly ¾ cup (160g)

1 tbsp. nut or seed butter (peanut, almond, sesame) (16g) that DOES NOT contain xylitol. [Xylitol is toxic to dogs.]

2 tbsp. VegeYeast or yeast powder (18g)

¼ tsp. algae oil or flaxseed oil (2g)

2-¾ tsp. Vegepup (14g) [or 1 scant tablespoon]

½ tsp. salt (1.8g) OR 2 tsp. soy sauce (12g)

Optional: Toppers like hemp seeds, ground flaxseed, alfalfa, parsley, basil, spirulina or Green Mush, and/or up to ¼ cup steamed or chopped veggies.

Soak lentils in cold water for 2 hours. Drain, cover with water, and cook until soft. Drain before adding to meal.

DO NOT cook lentils with bay leaves. Bay leaves are toxic to dogs.

## LENTIL, QUINOA & SEITAN

Protein 30% · Fat 10% · 870 Calories  
Estimated 3-½ cups @ 275 calories per cup\*

2 cups cooked lentils (380g). Start with 1 cup dry lentils (200g).

¾ cup cooked quinoa (140g). Soak and/or rinse before cooking. Cook with plenty of water.

7 tbsp. prepared seitan (50g). Start with 20g dry vital wheat gluten or use store bought seitan that does not contain garlic or onion.

2 tbsp. VegeYeast or yeast powder (18g)

¼ tsp. algae oil or flaxseed oil (2g)

1 tbsp. olive or sunflower oil (14)

½ tsp. salt (1.8g) OR 2 tsp. soy sauce (12g)

2-¾ tsp. Vegepup (14g) [or 1 scant tablespoon]

Optional: Toppers like hemp seeds, ground flaxseed, alfalfa, parsley, basil, spirulina or Green Mush, and/or up to ¼ cup steamed or chopped veggies.

To make seitan, dough is made with vital wheat gluten

flower. Seitan can be flavored with food yeast (not baker's yeast!), broth, or seasonings. It can be boiled, steamed, or baked. If you'd like to make your own seitan, please see an online tutorial for the method you choose.

## RICE & TSP

Protein 27.5% · Fat 9% · 1028 Calories  
Estimated 3-¾ cups @ 275 calories per cup\*

2 cups cooked rice (372g). Soak and/or rinse rice before cooking. Cook with plenty of water.

1 cup dry textured soy protein (TSP) (95g). Reconstitute dry TSP with a little less than 1 cup of water to make roughly 1-¾ cups TSP.

2 tbsp. VegeYeast or yeast powder (18g)

1-¼ tsp. sunflower or olive oil (18g)

1 tbsp. Vegepup (16g)

¼ tsp. algae oil or flaxseed oil (2g)

¾ tsp. salt (2g) OR 2-½ tsp. soy sauce (14g)

Optional: Toppers like hemp seeds, ground flaxseed, alfalfa, parsley, basil, spirulina or Green Mush, and/or up to ½ cup steamed or chopped veggies.

\* The cup measurement volumes are estimates. Volumes will change depending on how much water is used and individual cooking methods. You can mash or blend ingredients or recipes to aid digestion. If you do mash or blend, the volume your recipe yields will likely be less than these estimates.

The most accurate measurements in recipes are the dry gram weights. If you begin with the dry measure, it is okay if the volume of legumes or grains or TSP you end up with differs from our estimate. The recipe will contain the same number of calories and the same nutrient profile in a different volume. Calculate how much to feed using the total calories in the recipes.

For additional Recipes and Information, see *Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats* (4th Edition) by Susan & Richard Pitcairn. Because the volume of the Vegepup supplement changed since the book's first printing, serving size modifications may be necessary. See the following web page for adjusted amounts, or simply add the supplement daily based on the above daily serving size chart: [www.compassioncircle.com/dr-pitcairns-guide](http://www.compassioncircle.com/dr-pitcairns-guide).

You'll find these and additional recipes on the Compassion Circle website: [www.compassioncircle.com/Vegepup](http://www.compassioncircle.com/Vegepup).



**Compassion Circle**

Las Vegas, NV 89126

1-800-370-PETS

[www.CompassionCircle.com](http://www.CompassionCircle.com)

