

Horse Treat Recipes

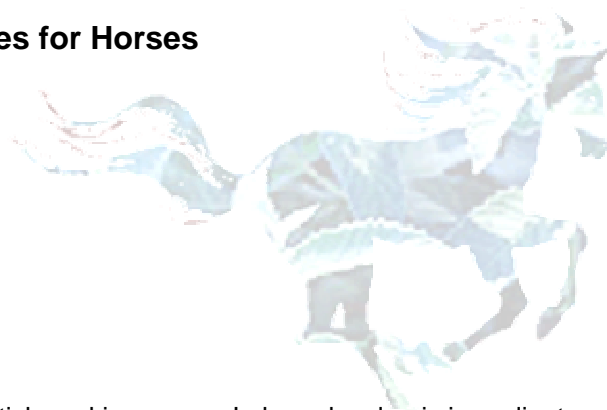
Muffins for Horses

2 cups shredded carrots
1 shredded apple (or a small container of unsweetened applesauce)
1/3 cup molasses
1 cup bran (rice, oat, or wheat)
1/2 cup brown sugar, plus another ¼ cup for sprinkling
1/2 cup water
1/2 cup whole wheat flour
1/4 cup uncooked oatmeal

Preheat oven to 400°. Prepare muffin cups or grease muffin tins. Mix all ingredients together in large mixing bowl; mixture should have a thick doughy consistency (if not, add more bran or flour). Spoon dough into muffin tins. Sprinkle w/brown sugar. Bake for 30-40 minutes or until firm. Cool completely on wire rack, then store in airtight container. May be frozen and thawed in microwave as needed. Yield: about 18 2-inch muffins

Cookies for Horses

1 cup uncooked oatmeal
1 cup whole wheat flour
¼ cup minced dried herbs* (optional)
1 cup shredded carrots
1 tsp. sea salt
1 tbs. brown sugar
2 tbs. vegetable oil
1/4 cup molasses
1/3 cup water



Preheat oven to 350°. Prepare a cookie sheet with nonstick cooking spray. In large bowl, mix ingredients as listed. Scooping a generous tablespoon at a time, roll into 1 1/2 inch balls & place on cookie sheet. Flatten each ball gently to make a ¼"-thick circle. Bake for 12-5 minutes or until firm. Let cookies cool completely before storing in an airtight container in the refrigerator.

Note: to dry cookies for long-term storage, bake as above, then turn the heat down to 200° and bake for an additional 2 hours or until completely dry and crunchy. Cool thoroughly on rack before storing in airtight container -- carefully check each cookie to make sure there are no soft spots that could create mold.

If you like your cookies to have a uniform shape, press dough evenly into small greased muffin tins instead of using a cookie sheet for the first baking; remove them to the cookie sheet for the second baking to ensure that they dry properly.

Yield: about 30 cookies

*Herbs for Horse Cookies

- **Mint** – most horses like the flavor of mint. Mint stimulates the appetite and relaxes the muscles of the digestive tract, which can be helpful in the prevention of colic. To encourage the appetite of a picky eater, sprinkle mint on top of the feed after it has been mixed. Use 50 g. per day of dried mint or chopped fresh mint.
- **Garlic** – very beneficial for horses with allergic coughing and bronchitis. Garlic has strong aromatic compounds that are excreted through the skin and act as a fly repellent. It also has antibiotic and blood-cleansing properties that make it a good all-purpose preventative for laminitis, arthritis, sweet itch and other skin problems. Use good-quality powdered garlic – NOT garlic salt! Mix up to 50 g. into feed per day.
- **Fenugreek** – excellent body and hoof conditioner. Along with garlic, will help ease bronchitis and allergic cough. *Not for use on pregnant mares*, although helpful for lactation of nursing mares. Feed up to 75 g. of powdered fenugreek per day, mixed in feed.

[See the Threshold Series book #17, *Herbs for Horses*, for more herbal information.]