

The Culinary Treat eBook for Equines Big and Small



Tasty treats for your horse you can make with love



INEKE KEOUGH





1st Edition (Condensed Version)

Gender Note: Throughout this eBook we refer to all horses as male (he/him). It just makes it easier than having to say him/her, he/she every time. No discrimination was intended.

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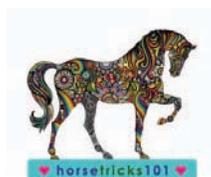




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Introduction

This little eBook is a collection of recipes and ideas that have been tried and tested by 3 well "seasoned" trick horses. These treats have been tailored to be used during your day to day training sessions, for going out on a trail ride, or even for a special occasion such as a fun horse celebration or birthday.

When using treats during training, if you can find a special something that your horse really loves, he will work enthusiastically alongside you to gain that reward.



Throughout our training over the years we have experimented and tried many different treats. We have found that the most appealing treats to use for general training would fall under these categories:

- Cheap.
- Healthy.
- Easy to give to your horse.
- Simple to make.
- Not messy or sticky.
- Small enough so you aren't waiting for your horse to finish eating.



During training sessions it is best to stick to a **regular treat**. This will be something that is easy and that your horse enjoys. It will be a consistent treat that keeps your horse interested and motivated enough to continue throughout your sessions.

It is also great to pick a very **special treat** that your horse loves for when they do something really well and given as a bonus for a job well done.

When choosing a treat for your horse be mindful that some treats stimulate high motivation from your horse. This can have a positive effect on your training by giving your horse something very yummy to work for. It can also have a negative effect as they may only focus on the food reward and lose focus on you. We call this a **high-value treat**.

An example of high-value treats depends on what your horse really likes, but could be licorice, carrots, apples, treats made with molasses or anything sweet.

The opposite situation that can happen is you may give your horse a reward that doesn't really excite them. A benefit of this may be that your horse can remain calm during training. A negative effect may be that your horse loses focus on the session and wanders away to graze elsewhere. We call this a **low-value treat**.

An example of a low-value treat would be chaff or chopped hay, regular feed, pumpkin seeds, celery, cucumber.

Your horse will tell you what is a high-value or low-value treat. They will also tell you what is a good regular treat that will enable them to train with consistency.

Just remember, each horse is different.

When providing your horse with treats stay away from sugary treats such as sugar cubes, peppermints or any other candy like treats. Try as best you can to stick to healthy alternatives.

When choosing a treat, you will need to consider your horses dietary needs. Are they **overweight or insulin resistant?**

The recipes given in this book have your horse's health in mind and have all been tested by the most important testers of all - our trick trained equines!



Regular Treats

Find a regular treat that your horse likes and will respond positively to. You can use this treat for most of your training.

Below are some ideas you can try. They are cheap, easy to source, and healthy for your horse.



Carrots are a good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants

Carrots: These are healthy, easy to prepare, generally always in the fridge, and popular with equines.

Just chop them into bite-sized pieces. You can use a mandolin to cut your carrots up or even use your food processor with the chopping blade on.

It is easy to pre-prepare carrot slices and put them into containers for an easy to grab organized solution.

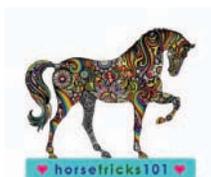
Apples: There are a few different tasting apples. You may want to experiment to see what type of apple your horse likes best! Sweet to sour.

Some horses take a little while to get used to apples while others can't get enough.

Just chop into bite-sized pieces.

You could also try bite-sized pieces of dried apple.

Apples are a good source of fiber and vitamin C



Banana Chips: These are a very easy treat to feed your horses. Banana chips are easy to store. Most horses love bananas!

Just don't go overboard. Banana chips can have a lot of sugar in them. Make sure you break them into smaller pieces so you don't use as much.

Banana chips are a good source of magnesium.



Cranberries: This little magic dried fruit is already packed and ready to go. No chopping.

You can also buy Craisins. This is a mix of raisins and cranberries in one.

You may need to warm your horse up to this treat as they can have a strange, slightly bitter taste, when not used to them.

Cranberries boast many nutritional benefits. Some of the vitamins and minerals in cranberries are manganese, copper, and vitamins C, E, and K1.

Raisins: These little dried fruits are simple and ready to go. No preparation is needed.

Just check if your horse likes them. You can experiment with different brand raisins. Some are quite dry, while others can be a bit sticky or oily.

Some health benefits of raisins are that they can aid digestion, boost iron levels, and help to keep bones strong due to the high amount of boron in them.



Pumpkin Seeds: Horses quite often enjoy a handful of pumpkin seeds. They are an easy treat to pop into your treat pouch. They are easy to store in the pantry. A ready to go healthy treat.

Pumpkin seeds are rich in antioxidants, iron, zinc, magnesium, and many other nutrients. So you should probably eat some too.



Sunflower Kernels: Although quite small, you can give little handfuls of these tiny tasty treats to your horse with ease.

Sunflower kernels are a seriously healthy little treat. They are an excellent source of several nutrients, including vitamin E and selenium. We all know how good selenium is for horses! Maybe you should have a handful of these tasty morsels along with your equine friend.



Horse Feed: Use small amounts of your horse's favorite feed or buy a bag especially for training.

This is a great choice because it is food made especially for horses and should be nutritionally good for them.

You can use a feed that you currently have or purchase a bag especially for training. There are heaps of varieties you can use depending on personal preference and your horse's dietary needs.



Overweight or Insulin Resistant (IR) Horses

If your horse is rather round and doesn't need any extra feed then there are a few great options for treats.

If they get some daily feed, then you can just take out a portion of their normal ration and use that for training.

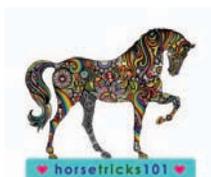
Also if your horse is on a restricted diet due to insulin resistance or is prone to founder/laminitis there are quite a lot of treats you can use during training that are low in sugars and starch.



There are treats you can buy in your local agriculture feed store (each country and store will be different. You will need to check for availability). There are also treats you can purchase online.

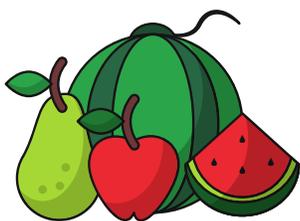
There are treats that you can create and bake for your horse in your very own kitchen! With a little thought and organization, you can prepare some lovelies for your equine.

Below is an extensive list of all the yummys you can safely feed to your horse whilst training. Also included is our recipe for tasty 'Horse Flax Snax'. Get snazzy and whip up a tray of these! Remember though to offer with your horse's health in mind. Feed in moderation!



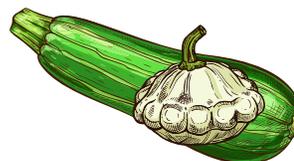
FRUIT

Apple Peel
Pear Peel
Melon Rind
(with minimal fruit attached)



VEGIES

Zucchini
Squash (Summer, yellow, pattypan crookneck)



HOME BAKED

Horse Flax Snax



HORSE FEED PRODUCTS

- Nuzu Stabul Nuggets
- Ontario Dehy Timothy Balance Cubes/Triple Crown Natural Balance Cubes
- Uckele Equi-Treats
- Every horse fiber balancer/Johnsons natural formula
- Manna Pro Nutrigood Low Sugar Apple Treats
- Thunderbrooks hay cobs or crunchits
- Stabul Nuggets Fenugreek
- Chopped up teff hay
- Low sugar grass pellets or just low sugar chaff (or a mix of the two).
- Kombat Boot pellets
- Hilton Herb Balls
- Beet-e-bites
- KER Low GI cubes

What can I eat?

SALAD

Celery
Cucumbers
Green Beans
Pea pods from snow
or snap peas
(peas removed)
Any lettuce (not cabbage)



NUTS/SEEDS

Peanut Shells
Pumpkin Seeds
Fennel Seeds
Sunflower Seeds



FOR SOMETHING DIFFERENT

Dried Rosehip
Dried Nettle leaf



Horse Flax Snaxs

A RECIPE FROM THE HORSE TRICKS ACADEMY

Ingredients

- ½ lb (225g) of ground flaxseed (linseed)
- 1 tablespoon of cinnamon
- 1 cup of hot water
- ¼ cup of unsweetened applesauce

NOTES

Leave out the apple sauce and just add a bit more hot water for a healthier / low GI treat.

Put the squares in an airtight container in the refrigerator for storage.

Method

- Preheat oven to 350 °F (180 °C).
- Mix flaxseed, cinnamon and apple sauce together in a bowl.
- Add hot water and stir well.
- Cover a tray with baking paper.
- Spread mixture on tray. The thinner you spread the mixture the crunchier the treats will be after baking.
- Cut into squares BEFORE you bake the biscuits. They are hard to cut once they are baked.
- Bake for 60 minutes for chewy treats and 70 minutes for crunchy treats.



Baked Treats

If you don't mind baking or spending some time creating a batch of treats for your horse then following are some tasty ideas.

Most of them will store for several weeks if kept in airtight containers in the refrigerator – so make big batches each time.

For ease of organization, you could store them in small containers so you can just grab and go! Tip them into your treat pouch and off you go!

You can also freeze these treats if you wish. They freeze really well and defrost, keeping a good texture.

Most baked horse treats in books or on the internet contain similar ingredients: Oats, molasses, carrots, and apples. We've tested some of the simpler recipes and came up with a selection that suit being used during training.

If you use human-grade ingredients you can have a taste test. And if you get a bit hungry during training you can have a nibble on your horse's treats!

These baked treats are especially good to use as 'special treats' for rewarding your horse when they do something really well.



Coconut and Turmeric Treats

A RECIPE FROM THE HORSE TRICKS ACADEMY



Ingredients

- 1 cup coconut flour
- 1 cup desiccated coconut
- 2/3rd cup coconut oil
- 3 tablespoons turmeric
- 2 eggs
- ¾ cup oats
- 2 tablespoon chia seeds
- 2/3rd cup pumpkin kernels
- Tablespoon ground black pepper

Method

- Preheat oven to 350 °F (180 °C).
- Line tray with baking paper.
- Place all ingredients into a food processor and whiz all ingredients until thoroughly combined.
- Scoop into tray and flatten out.
- Bake for 30 minutes.
- Cool in tray and then break into pieces.



Carrot and Cranberry Treats

A RECIPE FROM THE HORSE TRICKS ACADEMY



Ingredients

- 2 cups carrot puree
- ½ teaspoon salt
- ½ cup cranberries
- 2 cups oats
- 2 cups oat bran
- 4 tablespoon linseeds
- ¼ cup coconut oil

Method

- Preheat oven to 350 °F (180 °C).
- Line a tray with baking paper.
- Place all ingredients into a food processor and blend until thoroughly combined.
- Scoop mix into the tray and flatten out.
- Bake for 45 minutes.
- Remove from the oven and cool in the tray.
- Cut into squares and store in a airtight container.

Note: Try not to eat them all yourself!



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Unbaked Treats

If you don't have access to an oven, here are a few ideas that are easy to make and super tasty for your equines!

These recipes are simple to put together and ready to go in no time at all. The best thing about no bake treats is that you can choose from a wonderful variety of ingredients that are delicious and have great health benefits for your horses.

I like to use a selection of ingredients such as figs, dates, raisins and less used ingredients such as fenugreek, sunflower seeds etc.

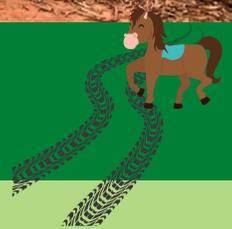
By not baking these food items you are able to feed them to your horse in an unaltered state. For example, I wouldn't want to put fenugreek in the oven as it would ruin the quality of the ingredient.



Trail Treats



A RECIPE FROM THE HORSE TRICKS ACADEMY



Ingredients

Recipe One

- ½ packet banana chips
- ½ packet dates
- 1 packet cranberries
-

Recipe Two

- ½ packet almonds
- 1 packet pumpkin kernels
- 1 packet sunflower seeds
- 1 packet raisins

Method

Recipe One

Place banana chips and dates in the food processor. Pulse until just broken up. Add cranberries and just stir through by hand until mixed.

Recipe Two

Place almonds in the food processor and pulse until just broken up. Add pumpkin kernels, sunflower seeds and raisins and pulse until ingredients are mixed together.



Place mixed ingredients into a ziplock bag and your treats are all packed and ready to go!



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Sunflower in a Poop Horse Treat

A RECIPE FROM THE HORSE TRICKS ACADEMY



Ingredients

- 1 cup pit-less dates
- 2 tablespoon Chia seeds
- 1/3 cup pumpkin kernels
- ½ cup oat bran
- 3/4 cup oats
- ½ cup black sunflower seeds

For rolling:

- ¼ cup flax meal
- ¼ cup desiccated coconut

Method

- Place dates, chia seeds, pumpkin kernels, oat bran and oats into a food processor.
- Blend until all ingredients are thoroughly combined.
- Put mix into a bowl and add sunflower seeds.
- Stir to combine.
- Roll into small bite sized balls and refrigerate.

Tip: You may want to microwave the dates in water for 3 minutes to soften them. Drain water off.

Bonus: You might find sunflowers growing in your horse's poop!



Fancy Party Cup Cakes

A RECIPE FROM THE HORSE TRICKS ACADEMY



Ingredients

- 1¼ cup oats
- ¾ cups molasses
- ½ cup flour
- ½ cup flaxmeal
- ¼ cup water
- 2 grated apples
- 200g or just a nice big piece of grated pumpkin

Option:

- Also add one grated fresh beetroot

You will need:

- Ice cream cones
- Parsley
- Carrot slices

Pop on your party dress and party with your equines!



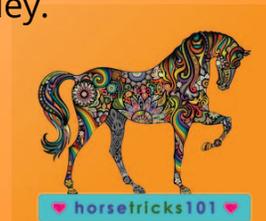
Method

- Using a food processor or grater, grate up your apple, pumpkin and beetroot.
- Place into a large bowl.
- Place oats, molasses, flour, flaxmeal and water into the food processor and mix until combined. Or you could just mix it up in a bowl.
- Add to fruit and veg mix.
- Squish all ingredients together to make a nice pasty mix.

To create:

- Place ice cream cones into a muffin tin.
- Take handfuls of the mix and place into the cones.
- Decorate with a slice of carrot and some parsley.

Eat!!



Do you want more?

If the treats in this eBook are not enough to satisfy your equine's taste buds, there are lots more to experiment and have some fun with. *This little ebook is just a taster of what's on offer!*

Not only can you provide your equines with deliciously unique treats, but there are also ideas and tips on safe and unsafe treats.

Keen to know more? Join us for loads of training, tricks, and friendship! We are waiting right here for you to join us in the...

HORSE TRICKS ACADEMY AND HAPPY HORSE CLUB

Learn more about the Academy and Club HERE:

<http://horsetricks101.mykajabi.com/horse-tricks-academy>

