



# HORSE TRAINING TREATS

Easy, tasty treats for horse training



### 3<sup>rd</sup> Edition

Gender Note: Throughout this eBook I 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 intended. My gentleman senior horse, Trigger, is a gelding; and my clever, young horse, Bella, is a mare.

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# INTRODUCTION

This little eBook contains a collection of ideas and recipes for treats that we use for training.

If you can find a treat that your horse really loves, they will try extra hard to work out what you want so they can get that reward.



We have tried hundreds of different treats over the years, searching for the best training treat.

A good horse training treat should be:

- 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.

It is best to do horse training with two types of treats – **a regular treat** that you give your horse most of the time.

You should also find another '**special**' **treat** that your horse loves and that you give when your horse does something really well. We don't recommend using sweets like sugar cubes or candies as 'special' training treats. Look for healthy alternatives.

We've tested lots of recipes and come up with some baked treats that suit horse training and were really liked by our horse testers.

We hope your horses like them too 😊



# REGULAR TREATS

Find a 'regular treat' your horse likes that you can use for most of your training. Following are some suggestions for treats that are healthy, cheap and easy to buy.

**Carrots.** This is one of our favorites. They are cheap and healthy and most horses really like them. Cut them into short lengths – about 2.5 cm (1 inch) long.



**Or** use a Mandoline to slice lots of carrots at a time and store them in plastic containers in your fridge.

**Apples.** Another good, simple treat, although horses may be a bit pickier about this fruit.

Experiment with different types of apples, from sweet to sour, to find your horse's favorite.

Also try small pieces of dried apple.





**Raisins.** A simple sweet treat that most horses like (once they get used to them). Look for raisins that are natural or drier. Some raisins are covered in oil and this can make them a bit messy.

**Sunflower Seeds.** Use whole oilseed varieties (with black hulls) not the type you find in the supermarket. This treat also helps put a shine on your horse's coat.



**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.

Try pellets or cubes for convenience or a feed with molasses to really get your horse's interest.



# 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.

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.





## Oat & Apple Chews

These treats are super easy to make. They are soft but not messy. They have a sweet apple flavor.

### ***Ingredients:***

- 1 ½ cups unsweetened applesauce
- 1 cup quick oats
- ½ cup flour

### ***Directions:***

Preheat the oven to 350 degrees F (180C).

Grease a 9 inch by 9 inch (22cm x 22cm) glass pan or baking tray.

Mix all the ingredients until the applesauce is evenly distributed, then spread the mixture evenly in the pan.

Bake for 30 minutes or until the batter firms and browns.

Allow the mixture to cool for 5 to 10 minutes and then cut it into squares. Or wait till the mixture cools completely and you can cut it into tiny squares with kitchen scissors.

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



# Molasses Oat Treats

This simple treat is great for those horses that love molasses. Cook a bit longer if you want a drier / crunchy treat.

## ***Ingredients:***

- 1 cup quick oats
- 1 cup oat bran
- 1/2 cup flour
- 2 tablespoons salt
- 1 cup molasses



## ***Directions:***

Preheat oven to 350 °F (180 °C).

Grease a square baking tray (about 9 inches x 9 inches).

Combine dry ingredients in a bowl.

Add molasses.

Mixture should be sticky but not wet. If wet, add more flour. If the mixture is too dry, add more molasses.

Spread mixture evenly in the tray.

Bake for 20 – 30 minutes.

Remove from oven and allow the mixture to cool for 5 to 10 minutes.

Cut it into small squares.

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

*UPDATE: In the middle of summer in Australia I found out (the hard way) that these treats can become very sticky. Best used on cooler days.*

# Carrot Chews

This treat is for carrot lovers. They are soft and just a little bit sweet.

## ***Ingredients:***

- 1 cup quick oats
- 1 cup flour
- 1 teaspoon salt
- 1 tablespoon brown sugar
- 1 cup grated carrots
- 2 tablespoons vegetable or corn oil
- 1/4 cup water.



## ***Directions:***

Preheat oven to 350 °F (180 °C).

Grease a square baking tray (about 9 inches x 9 inches).

Combine dry ingredients in a bowl.

Gently mix in grated carrot.

Add oil and water and mix well.

Spread mixture evenly in the tray.

Bake for 20 – 30 minutes.

Remove from oven and allow the mixture to cool for 5 to 10 minutes.

Cut it into small squares.

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

## Peppermint Bites

Some horses absolutely love these treats (especially if they are used to sweets). But other horses don't like them at all, so only make a small batch the first time.

### ***Ingredients:***

- 1 cup quick oats
- 1 ½ cups flour
- 1 cup water
- ½ cup corn syrup
- 1 tablespoon peppermint extract



### ***Directions:***

Preheat oven to 350 °F (180 °C).

Grease a square baking tray (about 9 inches x 9 inches).

Combine dry ingredients in a bowl.

Add water, corn syrup and peppermint.

Mix thoroughly.

Spread mixture evenly in the tray.

Bake for 20 – 30 minutes.

Allow mixture to cool.

Cut it into small squares.

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



# Flaxseed Cinnamon Health Squares

This is a simple healthy treat that most horses like and is a good source of Omega-3.

## **Ingredients:**

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



## **Directions:**

Preheat oven to 350 °F (180 °C).

Mix flaxseed and cinnamon together in a bowl and then add hot water.

Cover a tray with cooking 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.

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

*NOTE: You can also add ¼ cup of unsweetened apple sauce to the mixture before the hot water if your horse prefers a sweeter treat.*

# Trigger's Tricky Bickys

These little biscuits take a bit of work but most horses really love them. They are Trigger's favorite treat. You can make several logs and store them in your freezer and cook them later.

## ***Ingredients:***

- 1½ cups whole wheat flour
- 1 cup wheat bran
- 1 cup quick oats
- 1 cup grated carrot
- ½ cup molasses
- ¼ cup vegetable oil
- ½ cup apple juice



## ***Directions:***

Combine the dry ingredients in a large bowl. Stir in the carrot until well coated.

Measure out the molasses and oil into a separate bowl. Mix them together, combining thoroughly.

Add the wet ingredients to the carrot mixture, mixing together thoroughly.

Shape and roll the dough out into several 1 inch diameter logs.

Wrap the 'logs' in waxed or greaseproof paper and chill in the fridge for about two hours.

Unwrap the logs and discard the paper. On a cutting board, cut half-inch Tricky Bicky slices from the logs.

Place the Tricky Bickys on a large ungreased baking tray. Bake them in a 320 °F (160 °C) oven for about 35 minutes, or until they are hard and dry.

Allow the biscuits to cool completely before storing. Put the squares in an airtight container in the refrigerator for storage.

# OVERWEIGHT OR INSULIN RESISTANT (IR) HORSES

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

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

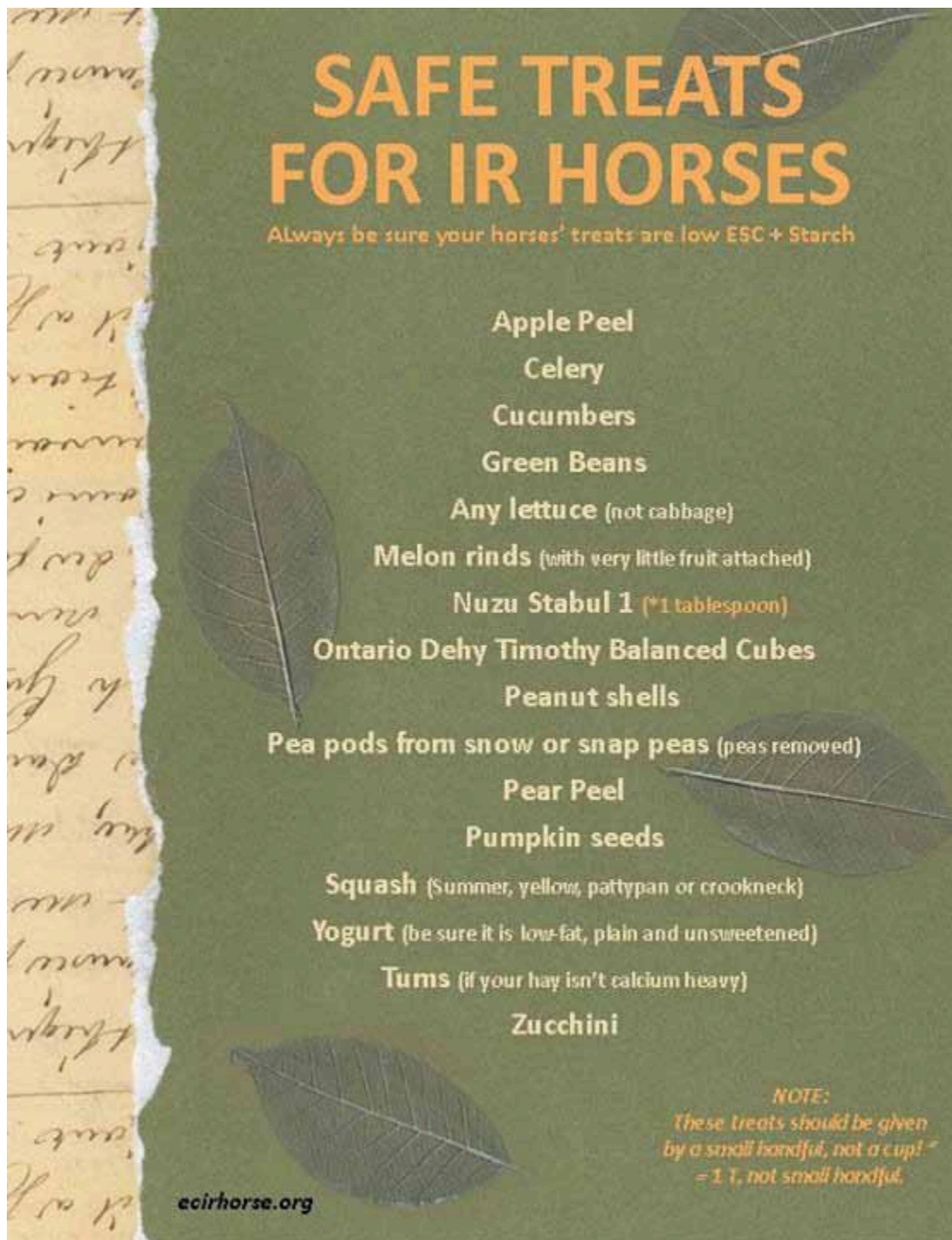
Or use small amounts of chaff (chopped up hay).

There are also some commercial Low GI feeds that are available. I like one that is available here in Australia called KER Low GI cubes. They are a good size – I can feed one at a time and both my horses like them.



There are similar products available worldwide. Check with your local feed supplier.

The image below is from the Equine Cushing's and Insulin Resistance Group (<http://ecirhorse.org/>) and lists some different treats suitable for overweight horses and those prone to founder / laminitis.





# TREAT MANNERS

Some people worry that using treats during training will cause their horse to become pushy, nippy and turn them into a horrible food monster!

Unfortunately this is likely if your horse doesn't learn how to behave around treats. For most horses food is their favorite thing and they just want some... NOW!

Thankfully it is easy to teach your horse to have perfect manners around treats.



You just need to do some 'treat training' to show your horse how you would like them to behave around food.

Visit this page for more information and videos on Treat Training:

[TREAT MANNERS TRAINING FOR HORSES](#)

# SUMMARY

One of the best rewards you can give your horse when they do something well is their favorite treat. Try out some of the ideas in this eBook and find one that really inspires your horse.



# QUESTIONS?

[CONTACT US](#) if you have any questions.

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