

# In Balance Equestrian

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## Peppermint Horse Treats



### Ingredients:

- 3 cups bran
- 1 cup sweet feed (optional, or substitute oats)
- 1 cup regular oatmeal
- 1 cup whole flax seed
- ½ cup all-purpose flour
- 1 Tbsp salt
- 1 cup chopped or shredded carrots
- 1 cup molasses
- ½ cup brown sugar
- 1 cup applesauce
- 1 bag round peppermint treats (4 dozen peppermints)

Makes about 4 dozen, depending on size of your mini-muffin pan

1. Preheat oven to 300°
2. Mix dry ingredients (bran, sweet feed, oatmeal, flax seed, flour and salt) in a large mixing bowl.
3. Mix carrots, molasses, brown sugar and applesauce in stand mixer bowl.
  - a. HINT: Spray measuring cup with oil before measuring molasses to prevent the molasses from sticking to the cup
4. Add dry ingredients to mixer bowl and mix well.
5. Spoon mixture into ungreased mini-muffin pans—mixture does not rise so fill to top.
6. Push a peppermint into center of each muffin and pull it back out, leaving an indentation
  - a. HINT: Use one peppermint wrapped in plastic wrap and dipped in vegetable oil to make all indentations
  - b. Do NOT leave peppermints in at this stage as they will melt, leaving you with a hollow peppermint on the top and a sticky mess at the bottom of the pan!

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7. Bake for 40-45 minutes, depending on the size of your mini-muffins (I have 2 mini-muffin pans, one makes larger mini-muffins than the other)
8. Remove from oven and place a peppermint in each indentation
9. Bake for 10-15 more minutes.
10. Cool in the pan for 10 minutes before turning them out onto a cooling rack.
11. Stored in airtight container
12. Feed to horse as requested!

