

## Kat's Horse Mash

(Or other simple stomached animals)

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Excerpt from:

*The Accessible Pet, Equine and Livestock Herbal*, by Kat Drov Dahl

"Rather than feeding your stock the processed stuff at the feed store, this is what I feed my own horses. Shiny coats, fast growing manes & tails, strong hooves, and vigor without being hyper are likely to be their benefits."

Ingredients for an 800 to 1300 pound creature:

- 2 cups of wheat bran (not the whole wheat which can cause problems in some equine)
- 1/4 cup of whole oats or whole barley or mixed, presoaked for 3+ hours
- 1/4 cup of cold water kelp
- 1/4 cup of each herb blend (up to 3) or herbs that I want to supplement with.
- 1/4 cup of black strap unsulphured molasses
- 1/4 cup of raw apple cider vinegar
- 3/4 quart (plus or minus) of hot (preferably distilled) water

Mix all ingredients together and enough of the water to make a mush or oatmeal consistency. Serve in a feed pan or other feeder.



For easy maintenance creatures I feed this one to two times per day. For harder working or harder to maintain creatures (such as thoroughbred types) you may want to increase the whole grains portion and double the kelp and molasses and feed two to three times per day. One teaspoon of cayenne can always be added in increase endurance.