

Mary Britt's Recipe:

Notebook: Endurance
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3 parts wheat bran		100 pounds
3 parts beet pulp	- OR -	100 pounds
1 part alfalfa pellets		34 pounds
1 part dry molasses		34 pounds

Add electrolyte as you deem necessary (omit during introduction)

Directions: Mix two (2) cups of dry mixture with one gallon of water, allowing it to soak at least 15 minutes. While traveling and in competition, you may add as much as 2 gallons of water at rest stops, P&Rs, and immediately upon arriving at check points or camp.

Mary Britt, Region 5, says "Using this formula (with gradual, at-home introduction), I am able to get two gallons of water in my horse at every feeding. I normally take my horses off at every fuel break and feed with this recipe with electrolyte. You can also add treats such as apples and carrots to the mix.