



# Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!

VEGAN  
GLUTEN-FREE

## Rainforest Trail Mix

### INGREDIENTS

- 1 cup macademia nuts
- 1 cup cashews
- 1 cup dried bananas
- 1 cup dried pineapple  
or dried papaya
- $\frac{3}{4}$  cup coconut flakes

### DIRECTIONS:

1. Add all ingredients to a large bowl and mix together.

**From the kitchen of:**  
Natalie

*This is a delicious trail mix made up of different foods from the rainforest. It's easy to make and can be eaten as a snack on it's own, or as a topping for yogurt and cereal.*



Royal  
Botanical  
Gardens