IDEAL PROTEIN
POWERING *life* POSSIBLE

GRILLIN' & CHILLIN' RECIPE DAYS

Jerk Seasoning

Ingredients:

- 2 Tbsp Onion Powder
- 2½ tsp Dried Thyme
- 2 tsp Ground Allspice
- 2 tsp Black Pepper
- 1 tsp Smoked paprika
- ½ tsp Ground Cinnamon
- ½ tsp Cayenne Pepper
- ½ tsp Ground Ginger
- ½ tsp Sea Salt

Directions:

Mix all ingredients and rub on chicken, beef, pork or tuna prior to grilling.

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