

### **Cajun Spice Rub**

- 2 tbsp paprika
- 2 tbsp salt
- 2 tbsp garlic powder
- 1 tbsp fine ground pepper
- 1 tbsp onion powder
- 1 tbsp cayenne pepper
- 1 tbsp oregano
- 1 tbsp thyme

1. Combine together and mix well.
2. Use as a rub on chicken, turkey or any fish with a small amount of coconut or avocado oil.
3. Pan sear or grill.