

CAJUN SPICE RUB

By Dr. Cindy Tanzar
(Standard/Maintenance)



BASIC MARINADE RULES

Marinades use four basic components for balance:

- ½ cup of oil (Genesis Health Solutions approved)
- ¼ cup of acid (red wine or apple cider vinegar, lemon juice, etc.)
- sweet component (if desired) with stevia (1-3 drops)
- salty component like Tamari (gluten-free soy sauce) or pink Himalayan salt

You can then add any variety of herbs or spices you like. There are no hard/fast rules. This will give you room to play and enjoy variety

INGREDIENTS

3 Tbsp paprika
1 Tbsp garlic powder
1 Tbsp Onion powder



2 tsp. cumin
2 tsp. dried oregano
½ tsp. Pink Himalayan salt
½ tsp. black pepper

DIRECTIONS

Mix together and rub onto any meat or fish after rubbing with oil. Store left over rub in a jar for up to one year.