


## Blackening Spice Rub

### Ingredients:

- 3/4 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp granulated garlic
- 1/2 tsp granulated onion
- 1/4 tsp kosher or sea salt
- 1/4 tsp black pepper
- 1/4 tsp dried mustard
- 1/8 tsp cayenne powder  
(increase to 1/4 tsp for extra heat  
)

### Instructions:

1. In a small bowl, mix all ingredients until well combined.
2. Generously rub the spice blend on both sides of your protein of choice.
3. Cook as desired and enjoy!