

# Jamaican Jerk Seasoning Recipe

Courtesy of: [www.thebetterhomelife.com](http://www.thebetterhomelife.com)

- 1 tablespoon granulated onion or onion powder
- 1 tablespoon granulated garlic or garlic powder
- 2 teaspoons cayenne pepper
- 2 teaspoons [smoked paprika](#)
- 1 teaspoon allspice
- 2 teaspoons [Himalayan pink sea salt](#)
- 1 teaspoon black pepper
- 1 teaspoon red pepper flakes
- 1 teaspoon cumin
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground clove
- 1 tablespoon sugar
- 2 teaspoons dried thyme
- 1 tablespoon dried parsley (optional)

Directions: Mix all ingredients in a bowl. Use a funnel to transfer mixture into a 4 ounce spice jar and label it.