



SWEET MAPLE RUB & GLAZE

RUB

Chicken, pork, salmon (or protein of choice)

YGY Easy Eats™ Sweet Maple Blend

Oil of choice (optional, for pan-searing)

GLAZE

Chicken, pork, salmon (or your protein of choice)

2 Tbsp. YGY Easy Eats™ Sweet Maple Blend

1 Tbsp. maple syrup

1 Tbsp. Dijon mustard

1 Tbsp. avocado oil or melted butter

RUB : Pat meat dry with a paper towel and rub in seasoning blend (adjust amount to preference). Optional, add a drizzle of oil before rubbing for a stickier crust. Cook right away by grilling, roasting, air-frying, or pan-searing your meat until done.

GLAZE: Combine all ingredients and whisk until smooth. Brush onto meat during the last few minutes of cooking (or toss veggies in it before roasting).

