

Print and cut out recipe label, then tape onto freezer bag

Air Fryer Drumsticks

Date:

Additional Ingredients:

- None

**THAW MEAL BEFORE
COOKING**

freezermealprep.pro

Air Fryer:

- Thaw meal overnight in the fridge
- Place drumsticks into an air fryer basket (spacing evenly).
- Cook in an air fryer at 400F for 10 minutes. Flip and cook an additional 8-10 minutes until chicken has reached an internal temperature of 165F

Serving Suggestions:

- Serve over rice with steamed broccoli or as an appetizer with carrot sticks, celery, and your favorite dipping sauce.