

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

# Parmesan Crusted Drumsticks

Date:

## Additional Ingredients:

- None

**THAW MEAL BEFORE  
COOKING**

*freezermealprep.pro*

## Air Fryer:

- Thaw the 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 cooked through.
- Serve as an appetizer with your favorite dipping sauces and a side of fresh veggies