

Drumsticks

This recipe makes as many as you wish to prepare



Ingredients

1 box drumsticks

Directions:

1. Pre-freeze your trays.
2. Cut the drumsticks in half.
3. Place them face down on your trays.
4. Place the trays back in the freezer so the drumsticks harden again.
5. Start your freeze dryer and let it cool down below freezing before loading the drumsticks.
6. Freeze dry (my cycle time was 22 hours)
7. Store in jars or mylar for short-term use.

Rehydration:

Not intended for rehydration. These are a freeze dried sweet treat!

Notes:

Chocolate and nuts do not freeze dry well. Therefore, the drumsticks will not store long term. Freeze drying ice cream requires you to work fast so it doesn't turn into a melted mess.

Nutritional Value Per 2 halves (varies)

Calories: 290 Protein: 4 g Fat: 16 g Carbohydrates: 34 g Sugar: 21 g Fiber: 1 g