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Sausage Egg Muffins Recipe

Mornings can be a whirlwind – kids scattering for backpacks, parents rushing around trying to get everyone out the door on time. When the a.m. calm turns to chaos, these deliciously savory Sausage Egg Muffins are a grab-and-go breakfast lifesaver.

- Course: Breakfast
- Cuisine: American

- Prep Time: 5 minutes mins
- Cook Time: 30 minutes mins
- Total Time: 35 minutes mins

Servings: 12 muffins

Ingredients

- 1 lb bulk breakfast sausage pork, turkey or chicken
- 4 large eggs lightly beaten
- 1 cup shredded cheddar cheese
- 1 cup baking mix like Bisquick

Instructions

- Preheat oven to 350°F. Grease a 12-cup muffin tin and set aside.
- Cook sausage in a skillet over medium-high heat, crumbling it with a potato masher as it browns, until fully cooked through. Drain excess fat.
- In a large bowl, combine cooked sausage, eggs, shredded cheese, and baking mix. Stir

until fully mixed.
- Divide batter evenly among greased muffin cups, filling about 3/4 full.
- Bake for 20 minutes until puffed and lightly golden brown on top.
- Let cool 5 minutes before removing from tin. Serve warm.
- Tips & Storing Instructions
- Store cooled muffins in an airtight container or wrapped individually in the fridge for up to 5 days.
- To freeze, wrap muffins tightly in foil or plastic wrap and freeze for up to 3 months.
- To reheat refrigerated muffins, microwave for 45-60 seconds until hot.
- To reheat frozen muffins, let thaw overnight in the fridge and microwave 60-90 seconds until hot in the center.