

Easy 4-Ingredient Sausage Muffins - The Ultimate Grab-and-Go Breakfast

Easy 4-Ingredient Sausage Muffins



OVEN
350°F

TIME
20 min

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INGREDIENTS

1 lb ground breakfast sausage (mild, hot, maple-your choice)

1 cup shredded cheddar cheese

4 large eggs

1 cup Bisquick baking mix

? Instructions:

? Storage & Reheat Tips:

Fridge: Store in an airtight container for up to 4 days.

Freezer: Freeze in a zip-top bag for up to 2 months.

Reheat: Microwave for 30-45 seconds, or warm in a toaster oven for crispier edges.

? Tips & Customizations:

Make It Spicy: Use hot sausage and add a pinch of cayenne or chopped jalapeños.

Add Veggies: Stir in diced bell peppers, spinach, or onions.

Cheese Swap: Try Monterey Jack, pepper jack, or even crumbled feta.

Mini Muffins: Use a mini muffin tin and reduce baking time to 12-15 minutes.

? Serving Ideas & Pairings:

The Viral Cottage Cheese Pancake - a high-protein, trending breakfast companion

3-Ingredient Chocolate Chip Oatmeal Breakfast

Cookies - sweet meets savory

One-Pan Breakfast Bake - for weekend brunch spreads

No-Bake Monster Cookie Energy Balls - a grab-and-go snack to balance your morning

Cake Mix Cookies - for an easy dessert twist to brunch

? More Recipes You'll Love:

One-Pan Breakfast Bake

Cottage Cheese Pancakes

3-Ingredient Breakfast Cookies

No-Bake Energy Balls

Cake Mix Cookies

? Final Thoughts:

DIRECTIONS

1. **1 Cook the Sausage:**In a skillet over medium heat, cook sausage until fully browned. Break into crumbles and drain excess grease.
2. **2 Preheat the Oven:**Set your oven to 350°F (175°C). Grease a 12-cup muffin tin or use silicone liners.
3. **3 Make the Batter:**In a large bowl, whisk together the eggs, cheddar cheese, and Bisquick until fully combined.
4. **4 Mix in the Sausage:**Stir the cooked sausage into the egg mixture, making sure it's evenly distributed.
5. **5 Fill the Muffin Tin:**Spoon the batter into the prepared muffin cups, filling each about $\frac{3}{4}$ full.
6. **6 Bake:**Bake for 18-20 minutes, or until muffins are golden on top and fully set in the center. Let cool for 5 minutes before serving.
7. **? Storage & Reheat Tips:** Fridge: Store in an airtight container for up to 4 days.
8. **Freezer:** Freeze in a zip-top bag for up to 2 months.
9. **Reheat:** Microwave for 30-45 seconds, or warm in a toaster oven for crispier edges.
10. **? Tips & Customizations:** Make It Spicy: Use hot sausage and add a pinch of cayenne or chopped jalapeños.
11. **Add : Veggies:** Stir in diced bell peppers, spinach, or onions.
12. **Cheese : Swap:** Try Monterey Jack, pepper jack, or even crumbled feta.
13. **Mini : Muffins:** Use a mini muffin tin and reduce baking time to 12-15 minutes.

14. ? Serving Ideas & Pairings: Round out your morning meal or brunch table with these easy pairings:
15. The : Viral Cottage Cheese Pancake - a high-protein, trending breakfast companion
16. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies - sweet meets savory
17. One-: Pan Breakfast Bake - for weekend brunch spreads
18. No-Bake : Monster Cookie Energy Balls - a grab-and-go snack to balance your morning
19. Cake : Mix Cookies - for an easy dessert twist to brunch
20. ? More Recipes You'll Love: One-Pan Breakfast Bake
21. Cottage : Cheese Pancakes
22. 3-Ingredient Breakfast Cookies
23. No-Bake : Energy Balls
24. Cake : Mix Cookies
25. ? Final Thoughts: These Easy 4-Ingredient Sausage Muffins are everything a busy morning needs-simple, satisfying, and downright delicious. Whether you're meal-prepping for the week or feeding a house full of hungry mouths, this recipe is a total winner.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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