

## Make-Ahead Breakfast Bites - Fluffy, Cheesy, and Maple Sweet

Griddle Bites (Cheesy Sausage Pancake Muffins)



**OVEN**  
**400°F**

**TIME**  
**15 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

2 cups pancake mix

1 $\frac{1}{2}$  cups water

1 lb beef or chicken breakfast sausage, cooked and crumbled

1 cup shredded cheddar cheese

... cup pure maple syrup

Optional Swaps and Add-Ins:

Meat Variations: Try turkey sausage, diced turkey, or beef bacon.

Cheese Options: Use pepper jack for spice or mozzarella for a milder melt.

Sweeten It Up: Add extra syrup or a handful of diced apples for a sweet version.

Make it spicy: Mix in chopped jalapeños or a dash of cayenne.

Instructions:

1. Cook the Sausage:

In a skillet over medium-high heat, cook sausage until browned and crumbled.

Drain excess fat and set aside.

2. Mix the Batter:

In a large mixing bowl, combine pancake mix and water. Stir until smooth-don't overmix.

3. Combine Everything:

Add the cooked sausage, cheddar cheese, and maple syrup to the batter.

Stir gently until evenly combined.

#### 4. Bake:

Preheat oven to 400°F (200°C).

Grease a mini muffin pan and fill each cup nearly to the top.

Bake for 12-15 minutes, or until golden and a toothpick comes out clean.

#### 5. Cool and Serve:

Let cool slightly before removing from the pan.

Serve plain or with extra maple syrup on the side for dipping.

#### Tips for Success:

Don't overmix-keep the batter tender for fluffy results.

Use a cookie scoop for even portions in the muffin tin.

Let them cool before freezing to prevent excess moisture buildup.

#### Serving Suggestions and Pairings:

A side of fruit or yogurt

3-Ingredient Egg Wraps for a high-protein pairing

A smoothie and Monster Cookie Energy Balls for an energizing snack box

As part of a weekend brunch spread with the Viral Cottage Cheese Pancake or a full One-Pan Breakfast Bake

## DIRECTIONS

1. **Cook the Sausage:** In a skillet over medium-high heat, cook sausage until browned and crumbled.
2. **Drain excess fat and set aside.**
3. **Mix the Batter:** In a large mixing bowl, combine pancake mix and water. Stir until smooth-don't overmix.
4. **Combine Everything:** Add the cooked sausage, cheddar cheese, and maple syrup to the batter.
5. **Stir gently until evenly combined.**
6. **Bake:** Preheat oven to 400°F (200°C).
7. **Grease a mini muffin pan and fill each cup nearly to the top.**
8. **Bake for 12-15 minutes, or until golden and a toothpick comes out clean.**
9. **Cool and Serve:** Let cool slightly before removing from the pan.
10. **Serve plain or with extra maple syrup on the side for dipping.**
11. **Tips for Success:** Don't overmix-keep the batter tender for fluffy results.
12. **Use a cookie scoop for even portions in the muffin tin.**
13. **Let them cool before freezing to prevent excess moisture buildup.**
14. **Serving Suggestions and Pairings:** These griddle bites are incredibly versatile. Serve them with:
15. A side of fruit or yogurt
16. 3-Ingredient Egg Wraps for a high-protein pairing
17. A smoothie and : Monster Cookie Energy Balls for an energizing snack box

18. As part of a weekend brunch spread with the : Viral Cottage Cheese Pancake or a full One-Pan Breakfast Bake
19. Storage and Leftovers: Refrigerate: Store in an airtight container up to 4 days.
20. Freeze: Cool completely, then freeze in a zip-top bag or container for up to 2 months.
21. Reheat: Microwave for 30-60 seconds or pop in a toaster oven until warmed through.
22. More Breakfast Recipes You'll Love: Add more morning favorites to your rotation:
23. One-: Pan Breakfast Bake - a hearty brunch crowd-pleaser
24. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies - fast, chewy, and guilt-free
25. No-Bake : Monster Cookie Energy Balls - a portable snack that also works for breakfast

## TIPS FOR SUCCESS

Don't overmix -keep the batter tender for fluffy results.

Use a cookie scoop for even portions in the muffin tin.

Let them cool before freezing to prevent excess moisture buildup.

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

Original recipe: <https://chefmaniac.com/make-ahead-breakfast-bites-fluffy-cheesy-and-maple-sweet/>