

Make-Ahead Breakfast Sandwiches: Freezer-Friendly English Muffin Recipe

Big Batch English Muffin Breakfast Sandwiches



OVEN
350°F

TIME
15-20 min

TEMP
160°F

METHOD
Air fryer

INGREDIENTS

6 large English muffins, split
6 large eggs
... cup milk (dairy or non-dairy)
Salt and black pepper, to taste
6 pre-cooked sausage patties (or make your own from 1 lb ground breakfast sausage)
6 slices cheddar cheese (or your favorite melting cheese)
Optional: 1 tbsp butter or oil (for cooking eggs and toasting muffins)

DIRECTIONS

1. Prepare & Cook Eggs: In a large bowl, whisk together the 6 large eggs, ... cup milk, and a generous pinch of salt and black pepper until well combined. Heat a large non-stick skillet over medium heat (you may need 1 tbsp butter or oil if not non-stick). Pour the egg mixture into the skillet. Cook, stirring gently, until the eggs are scrambled and cooked to your desired consistency (fluffy and just set, not overly dry). Alternatively, for easier sandwich assembly, you can pour the egg mixture into a greased 9x13-inch baking dish and bake at 350°F for 15-20 minutes until set, then slice into 6 squares. Remove from heat and set aside.
2. Cook Sausage Patties: If using uncooked ground sausage, form into 6 patties and cook in a skillet until browned and cooked through (160°F / 71°C). If using pre-cooked patties, warm them briefly in a skillet or microwave according to package directions.
3. Toast English Muffins: Lightly toast the split English muffins in a toaster or under a broiler until golden brown. This helps prevent sogginess and adds flavor.
4. Assemble Sandwiches: Lay out the toasted bottom halves of the English muffins. Place a cooked sausage patty on each bottom half. Top each sausage patty with a slice of cheddar cheese. Next, place a portion of the scrambled eggs on top of the cheese. Place the top half of each English muffin on top of the eggs to complete the sandwiches.
5. Cool Completely & Wrap: Allow the assembled breakfast sandwiches to cool completely at room temperature. This is crucial before wrapping to

prevent condensation and sogginess when freezing. Once cool, wrap each sandwich individually in plastic wrap, then again in aluminum foil, or place in freezer-safe bags.

6. **6. Store & Reheat:** Store the wrapped sandwiches in the freezer for up to 1 month. To reheat from frozen: Unwrap a sandwich, wrap loosely in a paper towel, and microwave on high for 1-2 minutes, or until heated through. Alternatively, heat in a preheated oven at 350°F (175°C) for 20-25 minutes, or in an air fryer for 10-15 minutes, until heated through.
7. **7. Enjoy your convenient and delicious : Big Batch English Muffin Breakfast Sandwiches!**

SWAPS & NOTES

English Muffins: Classic for their nooks and crannies.

You can also use biscuits, bagels, or even slider buns for variety.

Eggs: The recipe calls for scrambled eggs, which are perfect for a uniform patty.

You can also make individual fried eggs or baked egg patties for a different texture.

TIPS FOR SUCCESS

Cook Eggs Evenly: For scrambled eggs, aim for a fluffy, just-set consistency.

If baking egg patties, ensure they're cooked through and sliced to fit the muffins.

Cool Completely Before Wrapping: This is the most crucial tip for freezer-friendly sandwiches.

Warm sandwiches will steam and become soggy when wrapped.

