

## Easy Sausage, Egg, and Cheese Breakfast Roll-Ups

Sometimes, the best breakfast is one you can grab and go. This recipe for



**OVEN**  
**375°F**

**TIME**  
**15 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

1 can refrigerated crescent roll dough

4 cooked breakfast sausages

2 scrambled eggs

1/2 cup shredded cheddar cheese

Salt and pepper, to taste

Optional: chopped chives or hot sauce for serving

Swaps and Notes:

**Crescent Roll Dough:** The recipe calls for crescent roll dough, which is perfect for its flaky texture and ease of use. You can also use canned biscuit dough, which would give you a slightly different, more bread-like texture.

**Sausage:** This recipe is great with breakfast sausages, but you can also use crumbled cooked bacon, diced ham, or even some leftover ground sausage.

**Cheese:** Shredded cheddar cheese is a perfect choice, but you can also use other cheeses like mozzarella, a Mexican blend, or a spicy pepper jack.

**Eggs:** The recipe calls for scrambled eggs, but you can also use a fried egg, or even a frittata-style mixture.

**Optional Toppings:** Chopped chives add a fresh, onion-like flavor, while hot sauce adds a spicy kick that is a perfect complement to the savory filling.

Instructions:

**Prepare the Filling:** Cook the breakfast sausages according to the package directions. While the

sausages are cooking, scramble two eggs with a pinch of salt and pepper. Set both the sausages and the eggs aside.

**Assemble the Roll-Ups:** Unroll the crescent roll dough and separate it into four triangles. Place a spoonful of the scrambled eggs, one cooked sausage, and a sprinkle of shredded cheddar cheese on the wide end of each triangle. Roll the dough up from the wide end to the narrow end.

**Bake:** Preheat your oven to 375°F (190°C). Place the roll-ups on a baking sheet and bake for 12-15 minutes, or until they are golden brown and the cheese is melted and bubbly.

**Serve:** Remove the roll-ups from the oven and let them cool for a few minutes before serving. Garnish with chopped chives or serve with a side of hot sauce if desired.

**Tips for Success:**

**Use Cooked Ingredients:** Make sure all your ingredients—the sausage and the eggs—are cooked before you assemble the roll-ups. The dough cooks quickly, and the fillings will not have time to cook through.

**Don't Overfill:** Be careful not to overfill the roll-ups, as this will make them difficult to roll and they may burst during baking.

**Pinch to Seal:** When you are rolling the dough, make sure you pinch the ends and the seams tightly to seal in the filling.

**Golden Brown:** The roll-ups are done when they are a beautiful golden brown color. You can check the bottom to make sure it is also cooked through.

**Serving Suggestions and Pairings:**

**Nutritional Information:**

**Storage and Leftover Tips:**

**Final Thoughts:**

## DIRECTIONS

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9. **Serving Suggestions and Pairings:** These roll-ups are a great breakfast on their own. They are also perfect for a party or a family brunch. You can serve them with a side of fruit salad or some simple roasted potatoes.
10. For a drink pairing, a hot cup of coffee or a glass of orange juice would be a perfect complement.
11. **Nutritional Information:** (Please note that this is an estimate and will vary based on specific brands and portion sizes)
12. This is a hearty, satisfying meal. It's a good source of protein from the sausage and eggs, and provides carbohydrates from the crescent roll dough. While it can be high in fat and calories, it's a wonderfully delicious meal that is perfect for a weekend treat.
13. **Storage and Leftover Tips:** Leftovers of these roll-ups are fantastic! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. To reheat, you can place a serving in a microwave-safe dish and warm it up, or for a better texture, you can place them in a toaster oven or air fryer to bring back some of that crispy crust.
14. **Final Thoughts:** This Sausage, Egg, and Cheese Breakfast Roll-Ups recipe is a timeless classic for a reason. It's a comforting, delicious, and easy meal that is perfect for any occasion. The combination of a flaky crust and a savory, cheesy filling is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

## SWAPS & NOTES

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## TIPS FOR SUCCESS

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