

## Easy 30-Minute Sausage Muffins: The Ultimate Grab-and-Go Breakfast

. They're the ultimate fix for busy mornings. In just about



**OVEN**  
**375°F**

**TIME**  
**30 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

1 pound (450g) breakfast sausage (pork): I prefer a mild sage-flavored sausage, but spicy or maple-flavored works, too.

1 cup shredded cheddar cheese: Sharp cheddar gives the best flavor contrast, but feel free to use Monterey Jack, Colby, or a mix.

1 cup milk: Any dairy or non-dairy milk will work, but whole milk gives the richest result.

2 eggs: Large is standard.

2 cups Bisquick baking mix: The essential shortcut for fluffy muffins.

$\frac{1}{8}$  teaspoon black pepper (optional): Highly recommended for a flavor boost.

... teaspoon garlic powder: A little secret weapon to deepen the savory notes.

### DIRECTIONS

- Step 1: Preheat the Oven and Prep the Pan:** Preheat your oven to 375°F (190°C). Lightly grease a 12-cup muffin pan or line it with paper liners. I find that lightly greasing the pan (even with liners) helps the edges get beautifully golden brown.
- Step 2: Cook the Sausage:** In a skillet over medium heat, cook the sausage until browned and fully cooked. Crucially, break it up into small crumbles as you cook. Drain any excess fat-this prevents greasy muffins-and let the sausage cool slightly.
- Step 3: Prepare the Batter:** In a large mixing bowl, whisk together the eggs and milk until well combined. Now, add the Bisquick, shredded cheddar cheese, the cooled cooked sausage, black pepper, and garlic powder. Mix until everything is just combined. The key to a light, fluffy muffin is to avoid overmixing. A few lumps of Bisquick are totally fine.
- Step 4: Fill the Muffin Cups:** Spoon the mixture evenly into the prepared muffin tin. You should fill each cup about  $\frac{3}{4}$  full. You're looking for 12 evenly sized muffins.
- Step 5: Bake:** Bake for 20-25 minutes, or until the tops are golden brown. Test for doneness by inserting a toothpick into the center of a muffin-it should come out clean.
- Step 6: Cool and Serve:** Let the muffins cool for about 5 minutes in the pan. This allows them to set up slightly. Then, gently transfer them to a wire rack. They are best served warm, but they are delicious at room temperature, too.

## SWAPS & NOTES

**Swaps and Notes Sausage Swap:** If you want to lighten it up, use turkey or chicken sausage .

You can also use cooked crumbled bacon or chopped ham steak.

**Cheese Variation:** Try a spicy pepper jack for a kick, or a Monterey Jack for a milder flavor.

**Biscuit Mix Substitute:** If you don't have Bisquick, you can make a similar mix using 2 cups all-purpose flour, 3 teaspoons baking powder, 1 teaspoon salt, and 4 tablespoons cold, cubed butter (cut the butter in before mixing with the wet ingredients).

## TIPS FOR SUCCESS

**Don't Skip Cooling the Sausage:** Adding hot sausage to the batter can start to cook the eggs and affect the rise of the muffins.

Let it cool for at least 5 minutes after draining the fat.

**Mind the Mixing:** Overmixing is the enemy of a fluffy muffin.

Mix only until the dry ingredients are barely incorporated.

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

Original recipe: <https://chefmaniac.com/easy-30-minute-sausage-muffins-the-ultimate-grab-and-go-breakfast/>