

French Toast Sausage Roll-Ups for a Fun Easy Breakfast

French Toast Sausage Roll-Ups



METHOD

Air fryer

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INGREDIENTS

10 slices sandwich bread
10 cooked sausage links
3 large eggs
1 tablespoon milk
1/2 teaspoon cinnamon
1/2 teaspoon vanilla extract
Unsalted butter, as needed

DIRECTIONS

1. Flatten the bread: Use a rolling pin to flatten each slice of bread.
2. Trim off the crusts from each slice.
3. Roll up the sausage: Place one cooked sausage link at the edge of a flattened bread slice.
4. Roll the bread tightly around the sausage.
5. Repeat with the remaining bread and sausage links.
6. Make the egg mixture: In a mixing bowl, whisk together the eggs, milk, cinnamon, and vanilla extract until smooth and evenly combined.
7. Coat the roll-ups: Dip each sausage roll-up into the egg mixture, making sure it is coated evenly.
8. Cook in butter: Heat a skillet over medium heat and add a little unsalted butter.
9. Cook the roll-ups, turning as needed, until all sides are golden brown.
10. Serve: Serve the roll-ups warm right away.

SWAPS & NOTES

Soft sandwich bread works best because it rolls easily around the sausage links after being flattened.

A sturdy but soft white or wheat bread is ideal.

Make sure the sausage links are already cooked before rolling them up in the bread.

That keeps the skillet step focused on browning the outside and warming everything through.

TIPS FOR SUCCESS

Flattening the bread well helps it roll more easily and hold its shape around the sausage.

Do not soak the roll-ups too long in the egg mixture.

A quick dip is enough to coat them without making the bread too soggy.

Cook over medium heat so the outside gets golden without browning too fast before the inside is warmed through.

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Original recipe: <https://chefmaniac.com/french-toast-sausage-roll-ups-for-a-fun-easy-breakfast/>