

## Sausage Egg Cheese Breakfast Puffs That Make Mornings So Much Easier

### Sausage Egg Cheese Breakfast Puffs



**OVEN**  
**400°F**

**TIME**  
**15 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

#### INGREDIENTS

- 1 sheet puff pastry, thawed
- 1/2 pound breakfast sausage
- 4 large eggs
- 2 tablespoons milk
- 1 cup shredded cheddar cheese
- 2 tablespoons chopped green onions, optional
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 egg, beaten, for egg wash

#### DIRECTIONS

1. Preheat your oven to 400°F and line a baking sheet with parchment paper.
2. In a skillet over medium heat, cook the breakfast sausage until browned and fully cooked. Drain any excess grease and set aside.
3. In a bowl, whisk together the eggs, milk, black pepper, and garlic powder. Scramble the eggs in a nonstick pan until just set. Do not overcook them, since they will finish in the oven.
4. Lightly flour your surface and unfold the puff pastry sheet. Cut it into 8 equal squares.
5. Spoon a little sausage, scrambled egg, and shredded cheese into the center of each square. Add green onions if using.
6. Fold each square over into a rectangle or triangle, depending on your preference, and press the edges with a fork to seal.
7. Brush the tops with beaten egg for that glossy, golden finish.
8. Transfer to the prepared baking sheet and bake for 18 to 22 minutes, or until puffed and deeply golden.
9. Let cool for a few minutes before serving warm.

#### SWAPS & NOTES

Puff pastry gives these breakfast puffs their signature flaky, buttery layers, but crescent dough can work in a pinch if you want a softer finish.

Breakfast sausage adds bold flavor, though turkey sausage or

even diced ham are easy substitutes.

Cheddar is classic here, but pepper jack, Monterey Jack, or Swiss all melt nicely.

A sprinkle of green onions adds freshness, while a little hot sauce in the egg mixture can bring some extra kick.

## TIPS FOR SUCCESS

It is tempting to pack in as much filling as possible, but too much can cause the seams to split while baking.

A modest amount gives you the best balance of filling and flaky crust.

Make sure your eggs stay soft and slightly underdone before assembling.

Since the puffs spend time in the oven, the eggs will continue cooking there.

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

Original recipe: <https://chefmaniac.com/sausage-egg-cheese-breakfast-puffs-that-make-mornings-so-much-easier/>