

Maple Sausage Apple Cheddar Biscuit Cups

Golden biscuit cups filled with cooked maple sausage, small apple pieces, cinnamon, and sharp cheddar, with a little maple syrup for serving.



PREP

20 minutes

COOK

40 minutes

TOTAL

1 hour 5 minutes (about 16 standard muffin-size servings)

SERVES

INGREDIENTS

- 1 pound bulk maple breakfast sausage, preferably pork
- 1 medium apple, cored and cut into small 1/4-inch dice, such as Granny Smith
- 1 cup shredded sharp cheddar, divided
- 1 can (16.3 ounces, 8 large biscuits) refrigerated biscuit dough
- 1/4 cup maple syrup, divided: 2 tablespoons for the filling and the rest for serving
- 1/2 teaspoon ground cinnamon
- Cooking spray, for the muffin pans

DIRECTIONS

1. Prepare the oven and pans: Heat the oven to 375 degrees F. Lightly grease 16 standard muffin wells. The method makes smaller cups by dividing the 8 large biscuits into 16 pieces. For an alternative larger version, use 8 jumbo muffin wells and keep each biscuit whole, allowing extra baking time as needed.
2. Cook the sausage and apple: Brown the bulk sausage in a skillet over medium heat, breaking it into small crumbles, for about 8 to 10 minutes. Cook pork sausage to 160 degrees F, or poultry sausage to 165 degrees F. Drain excess fat, leaving a thin coating in the skillet. Add the diced apple and cinnamon and cook for 3 to 4 minutes, stirring, until the apple begins to soften. Remove from the heat.
3. Finish and cool the filling: Stir in 2 tablespoons maple syrup. Let the mixture cool for 5 to 10 minutes, then fold in 3/4 cup cheddar. Reserve the remaining cheese for the tops and the remaining syrup for serving.
4. Shape the biscuit shells: Following the dough package handling directions, divide each large biscuit into 2 equal portions, separating flaky layers horizontally or cutting it if needed. Flatten each portion into a thin round about 3 1/2 to 4 inches across. Press into a greased muffin well, working the dough over the bottom and up the sides without leaving a thick mound at the base.
5. Fill and bake: Add about 3 tablespoons filling to each dough shell to start, using a little more only if it fits without crowding. Sprinkle with the reserved cheddar. Bake for about 18 to 25 minutes, or longer as needed for your dough and pan, until the exposed biscuit edges are golden, the bottoms are set, and the

filling reaches 165 degrees F. Follow any additional package baking requirements. Check one central cup by lifting it carefully: the dough should be bread-like, not sticky or raw. Loosely tent with foil if the tops brown before the bottoms finish.

6. Rest and serve: Rest in the pans for about 5 minutes, then loosen the edges and transfer to a rack or serving plate. Serve warm with the reserved maple syrup drizzled lightly at the table. If any filling remains, refrigerate promptly and use with eggs, toast, or another meal rather than overfilling the cups.

SWAPS & NOTES

The 8 large biscuits are divided to make about 16 standard cups so the full filling does not crowd 8 ordinary muffin wells. Yield and filling capacity vary with the pan and dough.

Alternatively, make 8 larger cups in a jumbo muffin pan using whole biscuits. Expect longer baking and check that the bases are fully cooked and the centers reach 165 degrees F.

Only 2 tablespoons syrup go into the filling; the remaining syrup is for serving. This keeps the cups less wet while retaining maple flavor.

Timing is approximate and includes cooking the sausage and apples, cooling and shaping, baking, and a 5-minute rest. Extra oven batches add time.

TIPS FOR SUCCESS

Drain sausage well so grease does not collect in the pastry.

Thin the dough at the bottom of each well to avoid a raw, thick base.

Let hot filling cool before placing it in the biscuit shells.

Reserve extra syrup for the table so you can adjust sweetness after baking.

