

# Sausage Egg Cheese Breakfast Roll-Ups

Sausage Egg Cheese Breakfast Roll-Ups are the kind of breakfast recipe that instantly makes mornings easier and more enjoyable. Warm, flaky crescent dough wraps around fluffy scrambled eggs, savory breakfast sausage, and gooey cheddar cheese for the ultimate grab-and-go meal. They're quick to prepare, delicious straight out of the oven, and versatile enough for meal prep or a weekend brunch. With only a handful of ingredients, you can whip up these roll-ups in less than 30 minutes.

In this article, we'll cover everything you need to know to make the best sausage egg cheese roll-ups, from ingredient tips and preparation to storage, variations, and serving ideas. By the end, you'll have a go-to breakfast recipe that works for busy weekdays and cozy weekends alike.

## Why Sausage Egg Cheese Breakfast Roll-Ups Are So Popular

### A Complete Breakfast in One Bite

One of the best parts about these roll-ups is that they bring all the elements of a hearty breakfast into a single, portable package. Instead of cooking sausage, eggs, and toast separately, everything is baked together in one golden crescent roll. Each bite delivers the perfect balance of protein, carbs, and fats to keep you satisfied.

### Family-Friendly and Easy to Make

Kids love the gooey cheese and sausage flavor, while adults appreciate how filling and convenient they are. They're simple enough for beginner cooks and customizable for different tastes. Whether you want to keep it classic with cheddar and sausage or mix it up with veggies and different cheeses, these roll-ups adapt easily.

Sausage Egg Cheese Breakfast Roll-Ups

## Sausage Egg Cheese Breakfast Roll-Ups

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- Author: [Aaron recipes](#)
- Total Time: **25**
- Yield: **8 1x**

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### Description

Easy grab-and-go sausage egg cheese breakfast roll-ups wrapped in flaky crescent dough. A hearty, portable breakfast perfect for busy mornings, brunch, or meal prep.

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## Ingredients

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- ☐ 1 tablespoon butter
  - ☐ 4 large eggs, whisked
  - ☐ 1 (8 ounce) package crescent dough
  - ☐ 4 slices cheddar cheese, cut in half
  - ☐ 8 cooked breakfast sausage links
  - ☐ Salt and pepper, to taste
  - ☐ Cook Mode Prevent your screen from going dark
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## Instructions

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly grease.
2. In a medium skillet, melt butter over medium heat. Add whisked eggs and cook, stirring, until softly scrambled. Season with salt and pepper. Set aside to cool slightly.
3. Unroll crescent dough and separate into 8 triangles. Place half a slice of cheddar cheese on the wide end of each triangle.
4. Divide scrambled eggs evenly over the cheese slices. Place one sausage link on top of each.
5. Roll up dough around filling, starting at the wide end, and place seam side down on the prepared baking sheet.
6. Bake 15 minutes, or until crescent dough is golden brown and puffed.
7. Cool 1–2 minutes before serving warm.

## Notes

Do not overcook eggs; they will finish cooking in the oven.

Brush rolls with melted butter before baking for a golden finish.

Swap cheddar for mozzarella, Swiss, or pepper jack.

Use turkey sausage, chicken sausage, or vegetarian links for variation.

Store refrigerated up to 4 days. Freeze cooled roll-ups up to 2 months; reheat in oven at 350°F until warmed through.

- Prep Time: 10
- Cook Time: 15
- Category: Breakfast
- Method: Baked
- Cuisine: American

## Nutrition

- **Serving Size:** 1 roll-up

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## Ingredients and Substitutions

### Core Ingredients

- **Butter:** Used to scramble the eggs, adding richness and flavor.
- **Eggs:** Provide the protein and fluffy filling that make these roll-ups hearty.
- **Crescent dough:** The star of the recipe, giving the roll-ups their golden, flaky exterior.
- **Cheddar cheese:** Melts beautifully and balances the richness of the eggs and sausage.
- **Sausage links:** Add savory flavor and make the roll-ups more filling.

### Substitutions and Alternatives

- **Sausage:** Use turkey sausage, chicken sausage, or vegetarian sausage for a lighter or plant-based option.
- **Cheese:** Swap cheddar for mozzarella, Swiss, pepper jack, or American. Each brings a different flavor profile.
- **Dough:** Crescent dough is convenient, but biscuit dough or puff pastry also work for a flakier, bakery-style roll-up.
- **Eggs:** Use scrambled egg whites for a lower-cholesterol version.
- **Butter:** Olive oil or nonstick spray can be used instead of butter when scrambling eggs.

# Step-by-Step Preparation Guide

## Step 1: Preheat the Oven

Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or grease lightly with nonstick spray.

## Step 2: Scramble the Eggs

In a skillet, melt butter over medium heat. Add whisked eggs and cook until softly scrambled, stirring gently. Season with salt and pepper. Remove from heat and set aside.

## Step 3: Prepare the Dough and Assemble

Unroll crescent dough and separate into triangles. On the wide end of each triangle, place half a slice of cheddar cheese. Spoon scrambled eggs evenly over the cheese, then add one cooked sausage link on top. Roll each crescent up tightly, placing seam-side down on the prepared baking sheet.

## Step 4: Bake

Bake for 15 minutes, or until the crescent rolls are golden brown and fully cooked.

## Step 5: Serve

Cool slightly before serving. These roll-ups are delicious on their own but even better with dipping sauces like ketchup, salsa, or hot sauce.

# Storage and Meal Prep

## Refrigeration

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave for 30–60 seconds or in the oven at 325°F until warmed through.

## Freezer Storage

Freeze baked roll-ups by cooling them completely, then wrapping each one in parchment paper before placing in a freezer bag. Freeze for up to 2 months. To reheat, microwave directly from frozen or warm in the oven until hot.

## Make-Ahead Prep

You can also assemble the roll-ups the night before. Cover the baking sheet with plastic wrap and refrigerate overnight. Bake in the morning for a fresh, warm breakfast.

# Variations to Try

## Sausage Egg Cheese Breakfast Roll-Ups

### Bacon Roll-Ups

Replace sausage with crispy bacon strips. Bacon adds smokiness and pairs well with cheddar cheese.

### Ham & Cheese Roll-Ups

Swap sausage for diced ham and use Swiss cheese for a milder, classic flavor combination.

### Veggie Roll-Ups

Sauté vegetables like spinach, onions, or peppers and fold them into the scrambled eggs before rolling.

### Southwest Roll-Ups

Add a spoonful of salsa and use pepper jack cheese for a spicy, Tex-Mex inspired version.

### Pizza Breakfast Roll-Ups

Spread a little pizza sauce inside each crescent before adding cheese and sausage. The result is a breakfast roll-up with pizza vibes.

### Deluxe Roll-Ups

Add everything at once—scrambled eggs, sausage, bacon, peppers, onions, and cheese—for the ultimate loaded breakfast roll-up.

## Serving Suggestions

These roll-ups are versatile enough to work in different meals:

- Pair with fresh fruit for a balanced breakfast.
- Serve with hash browns or roasted potatoes for a hearty brunch.
- Add yogurt parfaits on the side for a lighter meal.
- Use as part of a brunch buffet alongside muffins, pastries, and coffee.

## Nutrition Benefits

While sausage egg cheese roll-ups are indulgent, they also provide important nutrients. Eggs are an excellent source of protein and vitamins like B12. Sausage adds protein and iron, while cheese offers calcium. Crescent dough delivers carbs for energy. For a lighter version, swap sausage for turkey or chicken, use egg whites, and add vegetables for fiber and vitamins.

## Expert Tips for Success

1. **Pre-cook sausage:** Make sure sausage links are fully cooked before assembling.

2. **Don't overfill:** Keep fillings balanced so the dough seals properly.
3. **Seal tightly:** Roll firmly to keep cheese from leaking during baking.
4. **Rotate halfway:** For even browning, rotate the baking sheet halfway through cooking.
5. **Add a wash:** Brush dough with an egg wash before baking for a shiny, golden finish.

## FAQs

### **Do I need to pre-cook the sausage?**

Yes, sausage links must be fully cooked before baking inside the dough.

### **Can I use egg whites instead of whole eggs?**

Yes, though the filling will be less rich, egg whites still work well.

### **Can I double the recipe?**

Absolutely. Use two packages of crescent dough and double the filling for larger gatherings.

### **Can I make these vegetarian?**

Yes, skip the sausage or replace it with veggie sausage or sautéed vegetables.

### **Can I use puff pastry instead of crescent dough?**

Yes, puff pastry will give you a flakier, bakery-style roll-up. Adjust the baking time slightly if needed.

### **Do they freeze well?**

Yes, roll-ups freeze beautifully and reheat quickly for meal prep.

## Conclusion

Sausage Egg Cheese Breakfast Roll-Ups are a delicious, family-friendly recipe that brings all the flavors of a classic breakfast into one portable package. With crescent dough wrapping around fluffy eggs, savory sausage, and melted cheddar cheese, these roll-ups are perfect for busy mornings, brunch gatherings, or make-ahead meal prep. Simple, versatile, and endlessly customizable, they're sure to become a household favorite. Bake a batch today and enjoy a warm, cheesy, golden breakfast any time of the week.