



Sausage French Toast Roll-Ups

Introduction

Sausage French Toast Roll-Ups are a delightful twist on a classic breakfast favorite. This fun and flavorful dish combines the savory taste of breakfast sausage with the sweetness of French toast, making it a perfect choice for a weekend brunch or a special morning treat. Easy to make and sure to please everyone at the table, these roll-ups are both satisfying and delicious.

Detailed Ingredients with measures

8 slices of bread (white or whole wheat)
8 breakfast sausage links
4 large eggs
1/2 cup milk
1 teaspoon vanilla extract
1 teaspoon cinnamon
1 tablespoon butter (for cooking)
Maple syrup (for serving)
Powdered sugar (for dusting, optional)

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 10 minutes
Total Time: 25 minutes

Yield: 4 servings

Enjoy this delicious breakfast treat that combines the comforting flavors of loved breakfast items into one bite-sized delight!



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Detailed Directions and Instructions

Cook the Sausage

Start by cooking the breakfast sausage links according to the package instructions. Once cooked, set aside.

Prepare the Bread

While the sausage is cooking, remove the crusts from the slices of bread. Use a rolling pin to flatten each slice of bread.

Make the Egg Mixture

In a shallow bowl, whisk together the eggs, milk, vanilla extract, and cinnamon until well combined.

Roll the Sausage in Bread

Take one slice of flattened bread and place a sausage link at one end. Roll it up tightly and secure it with a toothpick if necessary. Repeat with the remaining bread and sausage.

Cook the Roll-Ups

In a skillet, melt the butter over medium heat. Dip each rolled-up sausage in the egg mixture, ensuring it's fully coated. Place the rolled sausages in the skillet and cook until golden brown on all sides, about 3-4 minutes. Remove the toothpicks if used.

Serve the Dish

Serve warm with maple syrup drizzled on top and a dusting of powdered sugar if desired.

Notes**Prep and Cook Time**

Prep Time: 15 minutes | Cook Time: 10 minutes | Total Time: 25 minutes

Serving Information

Kcal: 250 kcal per serving | Servings: 4

Variations

You can use flavored sausages for a different taste. Try adding cream cheese or jam inside the roll-ups for extra flavor.

Storage Tips

These roll-ups are best served fresh but can be stored in the fridge for up to 2 days. Reheat in a skillet or microwave before serving.



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Cook techniques

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