



# Breakfast Cups



This is a good way to get the morning going. Just give yourself about an hour. They are filling and versatile.

Kids can also help some.

By JENNICA AKES

**Prep:** 10 mins

**Servings:** 18

**Cook:** 20 mins

**Yield:** 18 breakfast cups

**Total:** 30 mins

## Ingredients

- cooking spray
- 18 refrigerated biscuits (unbaked)
- 8 ounces breakfast sausage
- 7 large eggs
- ½ cup milk
- salt and ground black pepper to taste
- 1 cup mild shredded Cheddar cheese

## Directions

Preheat oven to 400 degrees F (200 degrees C). Grease 18 muffin cups with cooking spray.

Roll out biscuit dough on a lightly floured surface to form 5-inch rounds. Place each round in the prepared muffin cups, pressing into the base and sides to form a dough cup.

Cook and stir sausage in a skillet over medium-high heat until browned and cooked through, 5 to 10 minutes; drain fat. Spoon sausage into dough cups.