HOMEMADE BREAKFAST POPPERS

Makes 8 poppers • Bake at 375°F for 16–19 minutes

Prepared dough: about 14 oz • Filling must be fully cooled

INGREDIENTS — MASTER YEAST DOUGH

1/5 batch master yeast dough (about 14 oz)

3 eggs, softly scrambled and cooled completely

1/2 cup cooked breakfast sausage, crumbled and drained

3/4 cup shredded cheddar or mozzarella

1 Tbsp olive oil or egg wash for tops

Optional: diced peppers and green onions

RECIPE TIP

Cool eggs and sausage completely; drain well and pat dry. Use no more than 2 Tbsp filling per popper and seal the edges tightly

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FREEZER & REHEATING

After baking: Cool completely. Freeze in a single layer for 1 hour, then bag. Freeze up to 2 months. Reheat at 350°F for 12–15 minutes or air-fry at 325°F for 6–8 minutes.

Before baking: Assemble and freeze on a tray. Bake from frozen at 375°F, adding approximately 6–8 minutes.

ESTIMATED NUTRITION

Per popper (1 of 8), approximate:

- Calories: 245
- Carbohydrates: 24 g
- Protein: 10 g
- Fat: 12 g
- Fiber: 1 g
- Sugar: 4 g
- Sodium: 390 mg
- Cholesterol: 95 mg

Values vary by ingredients and portion size.

DIRECTIONS

1. Cook and cool the filling completely. Warm filling can make the bottoms soggy.
2. Divide the prepared dough into 8 pieces. Flatten each into a round approximately 4 inches across.
3. Add up to 2 Tbsp filling to each round. Bring edges together and seal firmly.
4. Place seam-side down on a parchment-lined baking sheet.
5. Brush tops with olive oil or egg wash. Bake at 375°F for 16–19 minutes, until golden.

TO PREVENT SOGGY INSIDES

- Cool eggs and sausage
- completely.
- Drain sausage on paper
- towels.
- Squeeze excess moisture from vegetables.

Do not overfill; seal the dough well.

For crisper bottoms, preheat the baking sheet.

MAKE-AHEAD NOTE

Freezer-ready breakfast poppers can make busy mornings easier. Prepare on a day when you have extra energy.

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