Prep Time: 15 minutes | Cook Time: 20–25 minutes | Total Time: 40 minutes
Yield: 16 rolls (8 servings of 2) | Intensity Level: Easy

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Introduction

Sausage Cream Cheese Crescent Rolls are the kind of appetizer that vanishes before it hits the table — flaky, golden crescent dough wrapped around a creamy, savory filling of browned

breakfast sausage and rich cream cheese. They’re a three-ingredient wonder (plus a couple of seasonings) that comes together in about 40 minutes with almost no effort, making them a go-to for game days, holiday brunches, potlucks, and lazy weekend mornings. The filling is deeply savory with just a hint of sweetness from the sausage, and the cream cheese melts into it to create a smooth, almost velvety texture that contrasts beautifully with the crisp, buttery pastry. Best of all, they can be assembled ahead of time and baked fresh whenever you need them, or baked and frozen for later. Serve them with a little maple syrup for dipping, and watch grown adults fight over the last one.

Ingredients

For the Filling

- 1 lb (450 g) bulk breakfast sausage (mild or hot, casings removed if using links)
- 8 oz (225 g) cream cheese, softened and cut into cubes
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp black pepper
- Pinch of red pepper flakes (optional, for heat)
- 2 green onions, finely sliced (optional)

For Assembly

- 2 cans (8 oz / 225 g each) refrigerated crescent roll dough (8 rolls per can, 16 total)
- 1 large egg, beaten with 1 tbsp water (egg wash)
- 1 tbsp sesame seeds, poppy seeds, or everything bagel seasoning (optional, for topping)

For Serving (Optional)

- Warm maple syrup, honey, or a spicy mustard for dipping
- Fresh chopped chives or parsley, for garnish

Equipment

- Large skillet
- Wooden spoon or spatula
- Baking sheet(s)
- Parchment paper or silicone baking mat

- Pastry brush
- Chef’s knife

Time & Intensity Breakdown

Stage	Time	Intensity	What’s Happening
Brown the sausage	6–8 min	Moderate	Cook until crumbled and no longer pink
Make the filling	3 min	Low	Stir cream cheese into hot sausage until melted
Prep the dough	3 min	Low	Unroll crescents; separate into triangles
Fill & roll	8–10 min	Moderate	Portion filling; roll each triangle
Egg wash & top	2 min	Low	Brush and sprinkle for a golden finish
Bake	20–25 min	Low (passive)	Golden, puffed, and cooked through
Cool & serve	3 min	Low	Rest briefly before serving

Total active time: ~22 minutes | Total passive time: ~18 minutes

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Instructions

Step 1: Preheat and Prep (3 minutes | Low Intensity)

Preheat your oven to 375°F (190°C). Line one or two baking sheets with parchment paper or a silicone baking mat. Set out the crescent roll cans on the counter so the dough is easier to handle, but keep them refrigerated until you’re ready to use them — warm dough is sticky and hard to work with.

Step 2: Brown the Sausage (6–8 minutes | Moderate Intensity)

Heat a large skillet over medium-high heat. Add the sausage and cook for 6–8 minutes, breaking it into small crumbles with a wooden spoon, until no pink remains and the sausage is lightly browned. Don’t drain the fat — a little of it carries flavor into the filling. Reduce the heat to low.

Step 3: Make the Filling (3 minutes | Low Intensity)

Add the cubed cream cheese to the hot sausage in the skillet, along with the garlic powder, onion powder, black pepper, and red pepper flakes (if using). Stir continuously for 2–3 minutes, until the cream cheese is completely melted and the mixture is smooth and creamy. Stir in the sliced green onions, if using. Remove from heat and let the filling cool for 5 minutes — hot filling will soften the dough and make rolling difficult.

Step 4: Prep the Dough (3 minutes | Low Intensity)

Open the crescent roll cans and unroll the dough onto a clean work surface. Separate each can into 8 triangles along the perforated lines (16 triangles total). Keep any dough you’re not actively working with covered with a clean towel so it doesn’t dry out.

Step 5: Fill and Roll (8–10 minutes | Moderate Intensity)

Spoon about 1½ tablespoons of filling onto the wide end of each triangle. Don’t overfill — too much filling spills out during baking. Roll the triangle from the wide end toward the pointed tip, tucking the sides in slightly as you go, and place it seam-side down on the prepared baking sheet. Repeat with all 16 triangles, spacing them about 2 inches apart.

Step 6: Egg Wash and Top (2 minutes | Low Intensity)

Brush the top of each roll lightly with the egg wash. This gives them a glossy, golden-brown finish. If desired, sprinkle with sesame seeds, poppy seeds, or everything bagel seasoning for a little extra flavor and crunch.

Step 7: Bake (20–25 minutes | Low Intensity, Passive)

Bake on the middle rack for 20–25 minutes, until the rolls are deep golden brown and puffed and the dough is cooked through. Rotate the pan halfway through if your oven bakes unevenly. If the tops are browning too fast, tent loosely with foil for the final few minutes.

Step 8: Cool and Serve (3 minutes | Low Intensity)

Let the rolls rest on the baking sheet for 3–5 minutes — the filling is molten and will burn your mouth straight from the oven. Transfer to a serving platter, garnish with fresh chives or parsley, and serve warm with maple syrup, honey, or spicy mustard for dipping.

Make-Ahead & Storage

- Make ahead (unbaked): Assemble the rolls, place them on a parchment-lined tray, cover tightly, and refrigerate for up to 24 hours. Bake straight from the fridge, adding 3–5 minutes to the bake time.

- Freezer (unbaked): Freeze assembled rolls on a tray until solid, then transfer to a zip-top bag for up to 2 months. Bake from frozen at 375°F for 25–30 minutes.

- Freezer (baked): Cool completely, freeze for up to 2 months, and reheat in a 350°F oven for 10–12 minutes to re-crisp.

- Refrigerator: Store baked leftovers in an airtight container for up to 3 days. Reheat in the oven or air fryer — the microwave softens the crust.

Serving Suggestions

Serve these rolls as a brunch centerpiece alongside scrambled eggs, fresh fruit, and a pot of coffee, or as a game-day appetizer with dipping sauces. They pair beautifully with maple syrup for a sweet-savory bite, or with a spicy honey mustard for a little kick. For a party, arrange them on a platter with a bowl of warm marinara or ranch in the center.

Nutrition Information (Per Serving, 2 Rolls, Based on 8 Servings)

Values are estimates and will vary by sausage brand, crescent roll brand, and exact portion size.

Nutrient	Amount per Serving
Calories	~430 kcal
Total Fat	~31 g
— Saturated Fat	~13 g
Cholesterol	~70 mg
Sodium	~780 mg
Total Carbohydrates	~25 g
— Fiber	~1 g
— Sugars	~5 g
Protein	~12 g