



Sausage Cheese Puffs

Ingredients:

- One pound bulk sausage
- 3 cups biscuit/baking mix
- 4 cups (16 oz) shredded cheddar cheese
- $\frac{3}{4}$ cup water

Directions:

1. Preheat oven to 400.
2. Cook, crumble and drain sausage.
3. In a bowl mix biscuit mix and cheese.
4. Stir in sausage.
5. Add water and toss with a fork until moistened.
6. Place 1 $\frac{1}{2}$ inch balls 2 inches apart on ungreased cooking sheets.
7. Bake for 12-15 minutes or until puffed and brown.

May be frozen and reheated at 400 for 7-9 minutes. They do not need to be thawed first.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>