



## Avocado salad

Easy-to-cook recipe for people with Myasthenia Gravis

PREP TIME: 15 MIN

COOK TIME: 5 MIN

YIELDS: 4 SERVINGS

### Ingredients

- ☐ 4 hard-boiled eggs, peeled  
(can use store-bought hard-boiled eggs)
- ☐ 1 avocado
- ☐ 15 ml plain yoghurt
- ☐ 25 g finely grated  
Parmesan cheese
- ☐ 2.5 ml lemon juice
- ☐ Pinch of salt and pepper

### Directions

1. Dice the hard-boiled eggs.
2. Place the diced eggs into a mixing bowl.
3. Dice the avocado and add to the mixing bowl.
4. Add yoghurt, cheese, lemon juice, salt, and pepper to the mixing bowl and gently mix everything together.

### Tip

For a healthier dish, use low-fat or nonfat yoghurt.

**MG United**  
by argenx



**Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.**

