



Veggie egg muffins

Easy-to-cook recipe for people with Myasthenia Gravis

PREP TIME: 25 MIN

COOK TIME: 12 MIN

YIELDS: 12 MUFFINS

Ingredients

- ☐ 12 Eggs
- ☐ Feta cheese (optional)
- ☐ Veggies of your choice
(Spinach, Cherry tomatoes,
onions, bell pepper,
mushroom...)
- ☐ Parsley
- ☐ Salt and pepper
- ☐ Olive Oil Spray (for greasing)

Directions

1. Preheat the oven to 180°C
 2. Chop the veggies into small pieces.
 3. In a large bowl, whisk together the eggs, salt, and pepper.
- Tips:** To reduce prep time and effort buy fresh pre-cut vegetables, or use an adaptive tool, like a vegetable chopper.
4. Add the chopped vegetables to the egg mixture.
 5. Lightly spray a muffin tin with olive oil and fill each cup with the mixture.
 6. Bake for 25 minutes or until eggs are set and slightly golden on top.
 7. Let cool and store in the refrigerator for up to a week.
 8. Reheat before serving.

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.

