Ivan Blasquez’s Egg Creations

Fried Eggs 1

- 2-3 organic egg whites
- 1 organic yolk (optional)
- Chives
- Salt substitute
- Black pepper

Shallow fried in pan with either extra virgin olive oil or virgin coconut oil.

Fried Eggs 2

- 2-3 organic egg whites
- 1 organic yolk scrambled
- Organic American cheese
- Green, yellow, orange or red bell pepper (I switch it up every other week)

Shallow fried in pan with either extra virgin olive oil or virgin coconut oil. I sometimes add the bell pepper to the egg omelet cold, since bell peppers are a rich source of vitamin C and vitamin C is heat-sensitive.