Are Raw Eggs Good For You?
Bodybuilders and athletes often eat raw egg yolks. Do you know why?
Because raw egg yolks are easier for your body to digest than cooked eggs yolks. That means more of the nutrients in the egg yolk can be used by your body. Egg whites, however, should not be eaten raw. Egg whites are actually harder to digest when raw, and can interfere with your body's ability to absorb biotin, an important vitamin. It's best to eat only the yolks raw and use the whites in recipes that will be cooked.

Can Raw Eggs Make You Sick?
Only one out of every 20,000 eggs is actually contaminated with Salmonella, a bacteria that can make you sick. That means you will probably only come into contact with one or two contaminated eggs during your whole lifetime. Salmonella is almost always found in the white part of the egg, not the yolk, so eating only the yolks raw lowers your chance of getting sick. Plus, if your eggs come from healthy pastured chickens, there's even less of a chance that the eggs will be contaminated. Washing your eggs and avoiding eggs that have any cracks in them is another way to protect yourself.

4. Cook for about 6 minutes or until the bottom is golden brown and the top is firm.

5. Spread a thin layer of tomato paste on the cooked eggs using a spoon or spatula. Then sprinkle grated cheese on top. Cover with a lid until the cheese melts.

6. Cut the pizza into slices and serve.