

## CiJ Baked Eggs Ingredients

- Number of eggs of your choice, one per serving
- Coconut oil, enough to rub and coat each ramekin
- Sesame oil, enough to drizzle
- Goat cheese, enough to place atop each egg in ramekin

## Instructions

- Pre-heat oven to 185 degrees Celsius (365 degrees Fahrenheit)
- Using a ziplock sandwich bag coat each ramekin with semi-solid coconut oil, refrigeration may be needed in summer to maintain semi-solid state such that you can coat ramekin sides properly
- Crack and place one whole egg in each ramekin
- Drizzle sesame oil otop egg per taste (careful, sesame oil has quite a strong nutty flavor)
- Place a chunk of goat cheese atop the sesame oil layer
- Put ramekins on cooking sheet and place in pre-heated oven
- Bake for 12 – 14 mins per your desired egg consistency

Video instructions available at the Caveman in Japan YouTube Channel

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