

EASY AND DELICIOUS RECIPES FOR LONGEVITY

C60
THE
POWER
PLATE



C60POWER™



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About C60...

C60 is the single-most powerful antioxidant ever discovered—a naturally occurring molecule that may be the most amazing chemistry discovery of the century.

“C60” is short for Carbon 60. It’s a molecule with 60 tiny atoms shaped like a hollow soccer ball and characterized by those who’ve studied it as a “free radical sponge”. Not only is it several hundred times more powerful than conventional antioxidants, it can actually “reset” itself. So, while typical antioxidants can only neutralize one free radical at a time, C60’s free radical neutralizing power never diminishes.



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Not only is C60 found in nature, but it very likely predates life on Earth. It is produced by dying stars, called red giants, and it can be found in meteor impacts, lightning strikes, and very tiny amounts can be found in the burnt wicks of candles. It is probable that buckyballs have existed for a very long time in nature. The incredible versatility and resilience of C60 has led some to suggest that C60 may have played a part in the formation of life itself. High purity C60 (99.99% “sublimated” - purified without any solvents - methylbenzene bi-product) is produced in a laboratory for human and animal consumption (no, they don’t harvest it in outer space).

About Chef...

Hi, I'm Lindsay O'Neill, CEO and co-founder of Wellness Eternal, Founder of Small Hinges Health, TEDx and Gaia Speaker, career Ai Technologist and Harvard Certified Culinary Medicine Chef. In 2023 I met the founders of C60 Power, and instantly fell in love with their products. As a health-focused mama with young girls I always search for easy and delicious ways to amplify the nutritional value of our favorite foods. With the addition of C60 Power oils and gummies to our daily routine, our health and vitality has improved significantly. Brain power, hair, skin, nails, digestion, immunity, healing, etc. As a culinary medicine chef I understand the foundational need for supplementing nutrition. You cannot eat ALL of the nutrition you need.

The purpose of this book is to bring you into my home and kitchen to show you how to easily and deliciously amplify my favorite recipes in your home and kitchen!

Now, as with ANY recipe, if you are allergic to any of the ingredients, please please omit them. With the C60 Power oils and gummies in these recipes you should consult a doctor first, especially if you are on blood thinners, or are pregnant or nursing.

The health benefits and culinary medicine notes are my opinion based on my education, research and personal experience, and should not be taken or used as medical advice. These recipes and C60 Power products are not meant to treat, diagnose or cure any diseases, and this book has not been approved by the FDA. Always consult with your doctor first before incorporating a new supplement into your diet.







Beverages

Coconut Minty Hot Cocoa

Ingredients:

8 oz	Organic Coconut Milk from can (Unsweetened or Sweetened)
2 Tbsp	Organic Dark Cocoa
2-4 Drops	Peppermint Extract or Edible Oil
1 Tbsp	C60 Power Coconut MCT Oil

****Optional: Use the C60 Power Coconut MCT Oil to make Whipped Cream - need ½ cup heavy cream**



Prep Time:
2 Minutes



Total Time:
2 Minutes



Servings:
2

Hot Cocoa is a family favorite anytime of year. Even in the summers in the hamptons, on cooler nights we enjoy a nice hot cup of cocoa. This recipe was created originally for my middle daughter who suffers from seasonal allergies and a constant runny nose. Dairy always seemed to make her allergies and runny nose worse, so we used coconut milk instead - AND - add in a little C60 Power Coconut MCT oil to amplify healing.

Quick tip : I avoid seed oils and other nasty additives in many boxed coconut milk and use organic coconut milk in a can with no additives or preservatives.

***Future Video Coming Soon!**

Full Video Here!!



Allergy info: GF, V, PB, Contains coconut and some caffeine from the chocolate

Instructions:

1. In a small saucepan, warm the coconut milk over medium heat for 3 minutes. Do not boil.
2. Stir in the cocoa until combined and heat for 1 more minute stirring constantly
3. Remove from heat and stir in the peppermint oil, then drizzle the C60 Power Coconut MCT Oil on top when cooled enough to drink - OR - whip together until peaked $\frac{1}{2}$ tablespoon with $\frac{1}{2}$ cup of heavy whipping cream to make the MCT Whipped Cream.



Culinary Medicine Notes:

Coconut oil and milk contain phenolic compounds, which have antioxidant, antimicrobial, and anti-inflammatory properties. These compounds may improve gut health and protect DNA from oxidative damage that can lead to cancer. They also contain lauric acid, an antioxidant that may help prevent stroke and heart disease, as well as healthy saturated fats called MCTs, which may improve heart health by increasing HDL (good) cholesterol.

Coconut milk and oil also contain MCFAs, which can:

- Stimulate energy production
- Increase insulin sensitivity
- Boost exercise endurance
- Help you feel full
- Heart health

Coconut milk is a good source of calcium, which is essential for maintaining strong bones. It also contains vitamin B12 and vitamin D, which support bone health.

Digestive support & Weight management & Sleep

Coconut milk contains fiber, which aids in digestion and promotes a healthy gut microbiome. MCTs in coconut milk & oil may boost metabolism and increase feelings of fullness. Coconut milk is a good source of magnesium, which may help to improve sleep quality.

Coconut milk and oil are also lactose-free and plant-based, making it a good milk substitute for people who are vegan, dairy allergic, or lactose intolerant.



Cinnamon (Mezcal or Mock) Margarita

Ingredients:

1.5 oz	Mezcal or Ginger Beer
1 oz	Fresh Lime Juice
1 oz	Orange Juice
1 Tbsp	C60 Power Cinnamon Oil
1	Cinnamon Stick (Optional)

Combo of ½ tsp ceylon cinnamon and ½ tsp sea salt for rim



Prep Time:
2 Minutes



Total Time:
2 Minutes



Servings:
1

“

Margarita's make me happy - but I'm not always in the mood for alcohol. If you're like me, I try to avoid toxins at all costs. When I do enjoy an alcoholic beverage it's either a glass of biodynamic wine or a mezcal-based cocktail. In this recipe you can swap out the mezcal with ginger beer for a delicious mocktail, amplified with C60 Power's Cinnamon MCT Oil!



Allergy info: GF, DF, V, PB, NF

Instructions:

1. Add the mezcal, lime and orange juice, and C60 Power Cinnamon Oil to a shaker. Dry shake for 5 seconds to combine. *If swapping ginger beer for mezcal, stir instead, DO NOT SHAKE.
2. Use cinnamon/salt mixture to salt the rim of your preferred glass, I chose a rocks glass with a large cube of ice or crushed ice.
3. Add ice to the shaker, shake for a good 15 seconds and strain into your salted glass. Add the cinnamon stick and a slice of the orange for garnish and enjoy!



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Culinary Medicine Notes:

According to Forbes and other sources, Mezcal has several potential health benefits*, including:

Digestion

Mezcal's agave plant contains inulin, a prebiotic fiber that can promote healthy digestion.

Antioxidants

Mezcal contains antioxidants that can help protect cells from oxidative stress and reduce the risk of chronic diseases.

Heart health

Moderate consumption of mezcal may help reduce inflammation and improve blood circulation, which can be beneficial for heart health.

Lower sugar content

Mezcal has a lower sugar content than many other spirits.

Stress reduction

Sharing and savoring mezcal in a social setting can have a calming effect and contribute to reduced stress levels.

Anti-inflammatory properties

Mezcal's anti-inflammatory properties can help with injury healing, heart attack, and other chronic inflammatory diseases.

Vitamins B and C

Agave is rich in vitamins B and C, which can help your body turn food into energy. Easier digestion

Single-ingredient mezcals ingested without mixers may be more easily digestible, minimizing hangover symptoms.

*However, these benefits are associated with moderate consumption.





Cinnamon Golden Milk Boba

***Future Video Coming Soon!**

Full Video Here!!



Allergy Info: GF, DF, V - Contains coconut. Do not use gummies if you are allergic to coconut, using blood thinners, or are pregnant or nursing.

Culinary Medicine Notes:

C60 Power Cinnamon Coconut MCT Oil: Combines the benefits of C60 for cellular health with a warm, spiced flavor that perfectly complements golden milk.

Turmeric & Ginger: Powerful anti-inflammatory spices that support digestion, immunity, and overall wellness.

Ceylon Cinnamon: The "true cinnamon," rich in antioxidants, supports blood sugar regulation and adds a sweet, earthy flavor.

Cinnamon Golden Milk Boba is a fun, health-boosting twist on a classic bubble tea. It's perfect as a soothing treat or a nourishing pick-me-up!

To get the most health benefits, you can use milk with calcium and vitamin D, and limit the amount of honey or syrup you add.



Prep Time:
10 Minutes



Cook Time:
5 Minutes



Cool Time:
20 Minutes



Total Time:
35 Minutes



Servings:
4

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Years ago, a friend introduced me to Ayurveda and the incredible health benefits of spices like turmeric, ginger, and Ceylon cinnamon. This recipe brings those powerful flavors together in a creamy, spiced golden milk enhanced with C60 Power Cinnamon Coconut MCT Oil. Instead of traditional tapioca, we use C60 gummies (cut into circles) for the "boba," adding a unique, health-boosting twist!

Quick Tip: Avoid seed oils and nasty additives in boxed coconut milk. Opt for canned organic coconut milk with no preservatives for the best flavor and nutrition.

Ingredients:

- 2 cups** unsweetened canned coconut milk
- 1 Tsp** ground turmeric
- ½ Tsp** ground ginger
- ½ Tsp** Ceylon cinnamon
- 1 Tbsp** honey or maple syrup (optional)
- 1 Tbsp** C60 Power Cinnamon Coconut MCT Oil (added after cooling)
- 4** C60 gummies, cut into small circles (for boba balls)

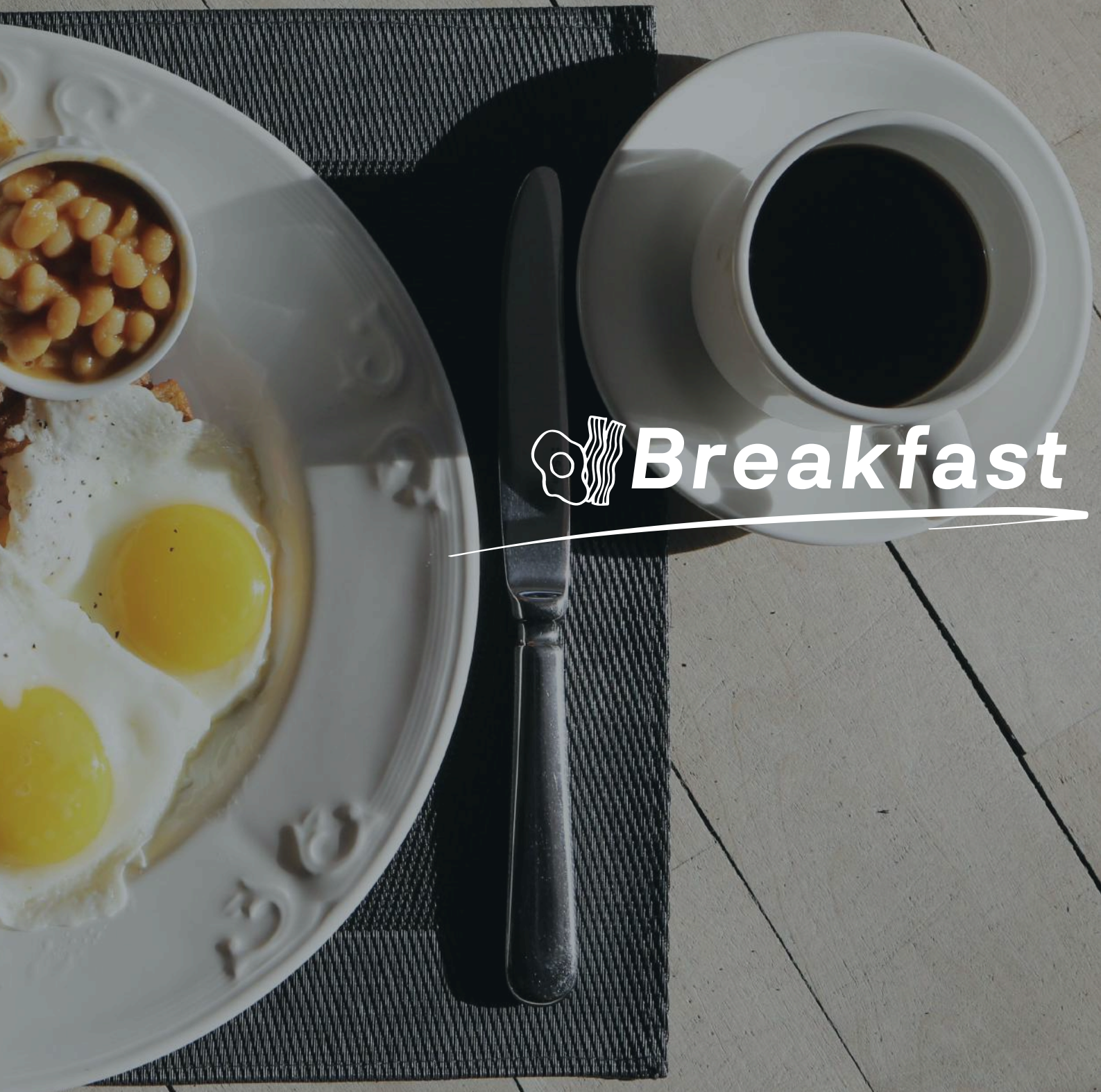
Instructions:

- 1. Prepare the golden milk:**
- 2. In a small saucepan, combine the coconut milk, turmeric, ginger, and Ceylon cinnamon. Heat gently over low-medium heat until steaming but not boiling. Stir continuously to prevent scorching. Add honey or maple syrup if desired.**
- 3. Cool and infuse:**
- 4. Remove the golden milk from the heat and allow it to cool to room temperature. Once cooled, stir in the C60 Power Cinnamon Coconut MCT Oil to preserve its health benefits.**
- 5. Prepare the boba balls:**
- 6. While the milk cools, cut the C60 gummies into small circles to resemble traditional boba balls.**
- 7. Assemble the drink:**
- 8. Divide the gummy "boba balls" between two glasses. Pour the cooled golden milk over the top. Add ice if you prefer your boba chilled.**
- 9. Serve and enjoy:**
- 10. Stir gently to distribute the boba balls and sip with a wide straw or spoon.**



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 **Breakfast**

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This smoothie is a tropical twist on your classic green drink, packed with nutrients to fuel your day. Inspired by vacations to tropical locations like Hawaii, this smoothie is filled with vibrant veggies and fruits, healthy fats, powerful antioxidants from C60 Power's Avocado Oil, and clean protein to support energy, recovery, and overall vitality.

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 Prep Time: 5 Minutes	 Total Time: 5 Minutes	 Servings: 1
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Full Video Here!!



- Ingredients:**
- 1/2 ripe avocado
 - 1 lime (juice)
 - 1/2 cup fresh or frozen pineapple chunks
 - 1 cup coconut water
 - 1 handful fresh spinach
 - 1 scoop vanilla protein powder (plant-based for V/PB)
 - Ice cubes (optional if pineapple is fresh)

Optional garnish: lime wedge, shredded coconut



Allergy Info: GF, DF, V, PB. Contains avocado.



Super Power Green Smoothie



Instructions:

- 1. Blend the greens:**
- 2. Add the spinach, avocado, and coconut water to a high-speed blender. Blend until smooth to ensure the greens are fully incorporated.**
- 3. Add the tropical goodness:**
- 4. Add the pineapple chunks, lime juice, and vanilla protein powder to the blender. Blend again until creamy.**
- 5. Adjust consistency:**
- 6. Add ice cubes if you prefer a thicker, colder smoothie. Blend once more until smooth and frothy.**
- 7. Serve and enjoy:**
- 8. Pour into your favorite glass or to-go cup. Garnish with a lime wedge or a sprinkle of shredded coconut for an extra tropical touch.**

Culinary Medicine Notes:

Avocado:

Loaded with healthy fats and fiber, avocado supports brain health and keeps you full longer.

Spinach:

A powerhouse of iron, magnesium, and antioxidants, spinach promotes energy and cellular repair.

Pineapple:

Rich in bromelain and vitamin C, pineapple aids digestion and boosts the immune system.

Coconut Water:

A natural hydrator with electrolytes, it's perfect for post-workout recovery or everyday refreshment.

Vanilla Protein Powder:

A clean source of protein supports muscle repair and provides lasting energy.

This smoothie is your superpower in a glass—perfect for breakfast, a midday pick-me-up, or a pre/post-workout boost. Cheers to health and biohacking!



Prep Time:
5 Minutes



Total Time:
15 Minutes



Servings:
6-8 small pancakes

C60

Cinnamon Roll Pancakes with Apples

“

There's something nostalgic and indulgent about a cinnamon roll, and when made into pancakes, it's pure breakfast magic. This recipe incorporates C60 Power Cinnamon MCT Oil + organic apples for a boost of health benefits, whipped cinnamon butter for sweetness and pecans (can also use walnuts) for added protein and crunch. Perfect for a cozy morning treat!



Ingredients:

- 1 cup** gluten-free pancake mix like Living Prana Brain Cakes
- 1** large egg (or flax egg for PB/V)
- ¾ cup** raw milk (or plant-based milk for DF/PB)
- 1 Tbsp** C60 Power Cinnamon MCT Oil
- 1** medium organic apple, finely diced
- ¼ cup** pecans, chopped

*Optional: 3 tablespoons butter and extra ½ tablespoon C60 Power Cinnamon MCT



Allergy Info: GF, DF (with substitutions),
Vegetarian

Culinary Medicine Notes:

C60 Power Cinnamon MCT Oil:

This ingredient amplifies the health benefits of these pancakes with its antioxidant and anti-inflammatory properties, supporting brain function, energy, and metabolism.

Apples:

Rich in fiber and vitamin C, apples promote digestion and immune health while adding natural sweetness.

Pecans:

Packed with omega-3 fatty acids, they support heart and brain health while providing a satisfying crunch.

Enjoy these pancakes as a weekend brunch or a special weekday breakfast, with the cozy warmth of cinnamon in every bite!



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Instructions:

- 1. Prepare the batter:** In a mixing bowl, whisk the pancake mix, egg, and raw milk. The batter should be slightly thick; adjust consistency with a splash of water or milk if needed.
- 2. Cook the pancakes:** Heat a nonstick skillet or griddle over medium heat. Lightly grease with butter/ghee or olive oil. Pour about $\frac{1}{4}$ cup of batter per pancake onto the skillet.
- 3. Cook for 2-3 minutes** until bubbles form on the surface, then flip and cook for an additional 2 minutes until golden brown.
- 4. Add apples, pecans and C60 Power Cinnamon MCT** on the top.
- 5. Optional whipped butter:** In a small bowl whip together 3 tablespoons of butter and $\frac{1}{2}$ tablespoon C60 Power Cinnamon MCT until combined, and can place in the fridge to firm up or place right on top of the pancakes.
- 6. Serve warm.**





C60 Power Chia Pudding

Ingredients:

- 3 Tbsp chia seeds
- 1 cup coconut milk
- 1 Tbsp C60 Power Coconut MCT Oil
- ½ Tsp pure vanilla extract
- ½ cup fresh or frozen blackberries (plus extra for topping)

*Optional: drizzle of honey or maple syrup for sweetness

Instructions:

1. **Blend the base:** In a blender, combine the coconut milk, blackberries, C60 Power Coconut MCT Oil, vanilla extract, and honey (if using). Blend until smooth and vibrant purple.
2. **Mix in the chia seeds:** Pour the blended mixture into a bowl or jar. Stir in the chia seeds, ensuring they are evenly distributed.
3. **Chill and thicken:** Cover and refrigerate for at least 2 hours or overnight. Stir once after 30 minutes to prevent clumping.
4. **Serve and garnish:** Once the pudding has thickened, divide into serving bowls or jars. Top with additional blackberries and a drizzle of honey or maple syrup, if desired.

“Fuel your morning or power up your afternoon (if you're intermittent fasting and breakfast is at noon) with this vibrant and nutrient-packed chia pudding! Infused with antioxidant-rich blackberries and the health benefits of C60 Power Coconut MCT Oil, this creamy, dreamy dish is as delicious as it is beautiful and energizing.”



Prep Time:

5 Minutes



Chill Time:

2 Hours



Total Time:

2 Hours 5 Minutes



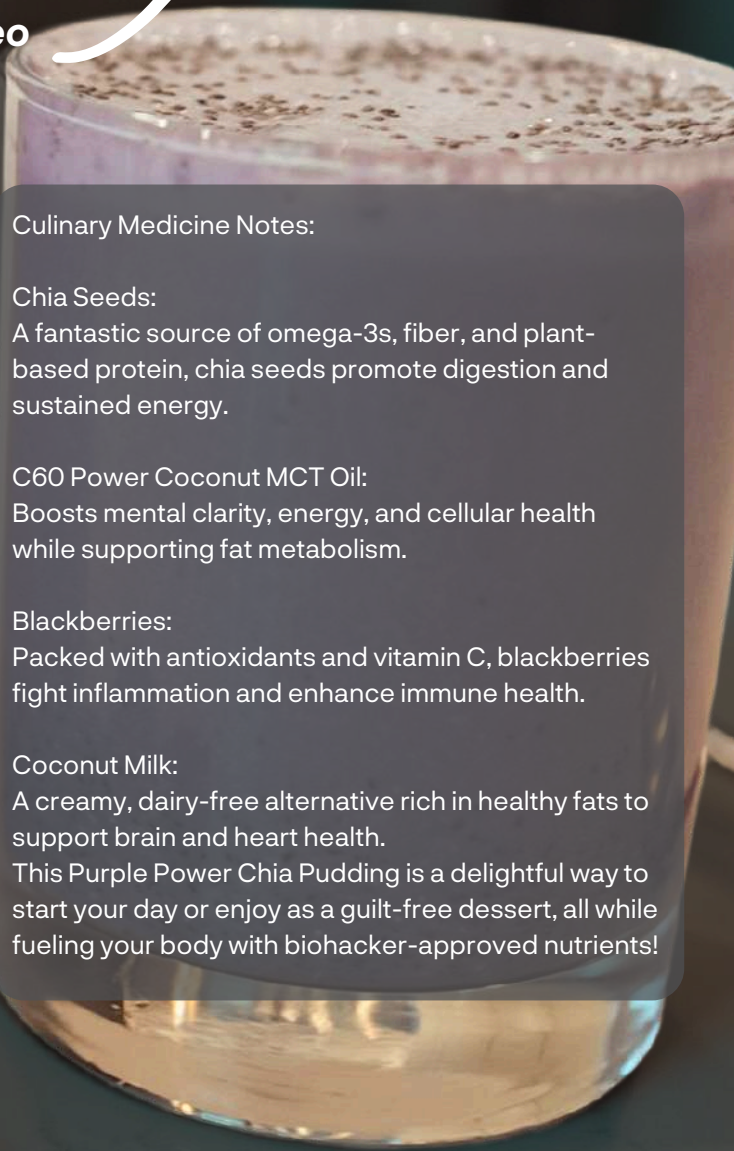
Servings:

2

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Culinary Medicine Notes:

Chia Seeds:

A fantastic source of omega-3s, fiber, and plant-based protein, chia seeds promote digestion and sustained energy.

C60 Power Coconut MCT Oil:

Boosts mental clarity, energy, and cellular health while supporting fat metabolism.

Blackberries:

Packed with antioxidants and vitamin C, blackberries fight inflammation and enhance immune health.

Coconut Milk:

A creamy, dairy-free alternative rich in healthy fats to support brain and heart health.

This Purple Power Chia Pudding is a delightful way to start your day or enjoy as a guilt-free dessert, all while fueling your body with biohacker-approved nutrients!



Allergy Info: GF, DF, V, PB, Contains coconut.



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Lunch

Butter Chicken Salad



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“ ———

Indulge in the creamy, savory flavors of butter chicken without the guilt! This salad combines tender, spiced chicken with fresh greens and a vibrant C60 Power Avocado Oil dressing. Perfect for lunch or a light dinner, it's a delicious way to fuel your body while staying on track.

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Ingredients:

- 2 chicken breast, diced
- 1 lemon juice
- 1 Tbsp C60 Power Avocado Oil
- ¼ cup melted butter
- ½ Tsp garlic powder
- ½ Tsp pepper
- ½ Tsp salt (to taste)
- 4 cups fresh arugula
- 1 cup cherry tomatoes, halved

**Optional: drizzle of olive oil or ghee for cooking*

Full Video Here!!



Prep Time:
10 Minutes



Cook Time:
15 Minutes



Total Time:
25 Minutes



Servings:
2

Dressing:

- 1 lemon juice
- 2 Tbsp C60 Power Avocado Oil
- 1 Tbsp apple cider vinegar
- ½ Tsp salt (to taste)

Instructions:

- 1. Marinate the chicken:** In a bowl, toss the diced chicken with lemon juice, garlic powder, pepper, salt, and melted butter. Let it marinate for 10 minutes to absorb the flavors.
- 2. Cook the chicken:** Heat a skillet over medium heat with a drizzle of olive oil or ghee. Add the marinated chicken and cook for 6-8 minutes on each side, or until fully cooked and golden brown. Set aside to cool slightly.
- 3. Assemble the salad:** In a large bowl or plate, layer the arugula and cherry tomatoes. Top with the warm chicken.
- 4. Finish with dressing:** Whisk the C60 Avocado Oil, lemon juice and apple cider vinegar together and add a pinch of salt and pepper.



Culinary Medicine Notes:

C60 Power Avocado MCT Oil:

Promotes cellular health, energy, and mental clarity, making this salad as nourishing as it is delicious.

Chicken:

A lean protein source that supports muscle repair and keeps you satisfied.

Arugula:

Rich in antioxidants and vitamins A and K, it supports bone health and immunity.

Tomatoes:

Packed with lycopene and vitamin C, they offer anti-inflammatory and heart health benefits.

This Butter Chicken Salad is your go-to for a light yet flavorful meal that pairs perfectly with a healthy lifestyle. It's like a hug in a bowl—biohacker style!



Allergy Info: GF, DF (with substitutions), Keto

Easy Fish Tacos with Cilantro Lime C60 Avocado Oil Crema



“ —

Fresh, zesty, and delightfully simple, these gluten-free fish tacos are a weeknight favorite. The crispy, tender fish is perfectly paired with a refreshing cilantro lime crema made with C60 Power Avocado MCT Oil, delivering healthy fats and anti-inflammatory benefits. Each bite is a burst of flavor and nourishment!


Prep Time:
10 Minutes


Cook Time:
15 Minutes


Total Time:
25 Minutes


Servings:
3-5 tacos

Culinary Medicine Notes:

C60 Power Avocado Oil:

Rich in healthy fats and antioxidants, supports energy, cellular health, and reduces inflammation, making every bite more nourishing.

White Fish:

A lean source of protein packed with essential vitamins and minerals, including vitamin B12 and omega-3s for heart and brain health.

Cilantro & Lime:

Boosts digestion, detoxification, and immunity, while adding a refreshing burst of flavor.

Cabbage:

High in fiber, antioxidants, and vitamin C, supporting gut and immune health.

These Easy Fish Tacos with Cilantro Lime C60 Avocado Oil Crema are a delicious, nutrient-packed way to enjoy a light, satisfying meal. Perfect for any taco night!

Instructions:

1. Season the Fish: Pat the fish dry with paper towels, then season with cumin, chili/cayenne pepper, garlic powder, salt, and pepper on both sides.

2. Cook the Fish: Heat the oven to 350 degrees fahrenheit. Place the seasoned fish on a baking sheet and put a small slice of lime on the pan. Cook for 12-15 minutes.

3. Make the Cilantro Lime Crema: In a bowl, whisk together yogurt/sour cream, C60 Power Avocado Oil, lime juice, cilantro, salt, and pepper until smooth and creamy.

4. Warm the Tortillas: If using soft corn - heat the gluten-free corn tortillas in a dry skillet over medium heat for 30 seconds per side, or until warm and pliable.

5. Assemble the Tacos: Fill each tortilla with fish, shredded cabbage, the cilantro lime crema and garnish with fresh cilantro.

6. Serve and Enjoy: Serve with lime wedges for squeezing and enjoy these flavorful, nourishing tacos!

Ingredients:

For the Fish:

- 1 Lb white fish (cod, tilapia, or halibut)
- 1 Tbsp 1 tablespoon C60 Power Avocado Oil
- 1 Tsp cumin
- ½ Tsp chili or cayenne pepper
- ½ Tsp garlic powder
- Salt and pepper, to taste
- 8 gluten-free tacos

For the Cilantro Lime Crema:

- ½ cup plain yogurt/sour cream (or dairy-free)
- 2 Tbsp 1 tablespoon C60 Power Avocado Oil
- 2 Tbsp lime juice (about 1 lime)
- ¼ cup fresh cilantro, chopped
- Salt and pepper, to taste

For the Toppings

- 1 cup cabbage, shredded
- C60 Cilantro Lime Crema
- Lime wedges, for serving
- Fresh cilantro, for garnish

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Allergy Info: GF, DF (if using dairy-free yogurt/sour cream)



Pumpkin Soup with Cinnamon Pepitas




Prep Time:
10 Minutes


Cook Time:
30 Minutes


Total Time:
40 Minutes


Servings:
6

Instructions:

- Cook the squash:** Roast the squash in a 400 degree oven for 20 - 25 minutes. You can also cook the acorn squash whole in the microwave - poke holes in it and microwave for 8 minutes, then flip and 2 minutes.
- Blend to perfection:** Add the stock, and coconut milk. Using an immersion blender (or carefully transferring to a blender in batches), puree the soup until smooth.
- Season and warm the soup:** Add in cinnamon, salt, and pepper to the pot. Bring to a boil, then reduce to a simmer. Cook on low for 15-20 minutes.
- Prepare the cinnamon seeds:** While the soup simmers, heat a small skillet over medium heat. Toss the pumpkin seeds with cinnamon, and salt to dry roast. Toast for ~3 minutes, stirring frequently, until golden and fragrant. Remove from pan and toss with ~1 teaspoon of C60 Power Cinnamon MCT Oil.
- Serve and garnish:** Ladle the soup into bowls, drizzle with a little extra C60 Power Cinnamon MCT Oil, and top with the cinnamon-toasted pumpkin seeds.

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This cozy, creamy soup is a perfect blend of fall flavors and supercharged health benefits. Featuring butternut and acorn squash, a splash of coconut milk, and the warming essence of C60 Power Cinnamon MCT Oil, it's a comforting dish with a hint of spice. Topped with cinnamon-toasted pumpkin seeds for crunch, it's a bowl of bliss!



Allergy Info: GF, DF, V
(if using veggie stock)

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Ingredients:

For the Soup:

- 1 small butternut squash, peeled, seeded, and diced
- 1 small acorn squash, peeled, seeded, and diced
- 1 Tbsp C60 Power Cinnamon MCT Oil
- 3 cups vegetable or chicken stock
- 1 cup coconut milk
- ½ Tsp cinnamon
- ½ Tsp salt (to taste)
- ¼ Tsp pepper (can use cayenne pepper)

For the Cinnamon Seeds:

- ½ cup pumpkin seeds (“pepitas”)
- 1 Tsp C60 Power Cinnamon MCT Oil
- ¼ Tsp cinnamon
- pinch of salt to taste

Culinary Medicine Notes:

C60 Power Cinnamon MCT Oil:
Provides antioxidant and anti-inflammatory benefits, boosting brain health and energy.

Butternut & Acorn Squash:
Rich in beta-carotene, fiber, and vitamins A and C, these squash varieties support immunity and skin health.

Coconut Milk:
Adds creamy texture and healthy fats, aiding in satiety and energy.

Pumpkin Seeds:
A crunchy superfood loaded with magnesium, zinc, and antioxidants. Great for helping to balance your thyroid.
Warm, nourishing, and brimming with biohacking benefits, this soup is your new fall favorite!



Avocado Pesto + Bacon Pasta



Prep Time:
10 Minutes



Cook Time:
20 Minutes



Total Time:
30 Minutes



Servings:
4



Allergy Info: GF (if
using GF penne)

Ingredients:

12 oz	penne pasta (gluten-free if preferred)
4 slices	bacon, cooked and crumbled
1	ripe avocado
1 cup	fresh basil leaves
¼ cup	pine nuts
1	garlic clove
¼ cup	grated Parmesan cheese (plus extra for garnish)
2 Tbsp	C60 Power EVOO Oil
½ Tsp	red pepper flakes (optional)
	salt and pepper to taste

Instructions:

- 1. Cook the pasta:** Bring a large pot of salted water to a boil. Cook the penne according to the package instructions. Reserve ½ cup of pasta water before draining.
- 2. Make the avocado pesto:** In a food processor, combine the avocado, basil, pine nuts, garlic, Parmesan cheese, and C60 Power EVOO Oil. Blend until smooth. If the pesto is too thick, add a bit of the reserved pasta water to reach your desired consistency. Season with salt and pepper to taste.
- 3. Prepare the bacon:** While the pasta cooks, fry the bacon slices in a skillet until crispy. Let cool on a paper towel, then crumble into small pieces.
- 4. Combine and garnish:** Toss the cooked pasta with the avocado pesto until evenly coated. Stir in the crumbled bacon and sprinkle with red pepper flakes for a spicy kick, if desired.
- 5. Serve and enjoy:** Divide into bowls and garnish with extra Parmesan cheese and a drizzle of C60 Power EVOO Oil for added richness.

Culinary Medicine Notes:

C60 Power EVOO:

Supports cellular health, boosts energy, and enhances cognitive function.

Avocado:

Loaded with healthy fats and fiber, it helps create a creamy sauce while providing nutrients for skin and heart health.

Basil & Pine Nuts:

Rich in antioxidants and healthy fats, this classic combination supports brain health and reduces inflammation.

Bacon:

Adds protein and a smoky depth that complements the bright, herbaceous pesto.

This Avocado Pesto + Bacon Pasta is indulgent yet packed with biohacking-approved goodness—a dinner that feels like a treat but fuels your body right!



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This rich and creamy pasta combines the earthy flavor of pesto with the smoky crunch of bacon, all elevated with the health benefits of C60 Power EVOO Oil. The addition of avocado gives the sauce an ultra-luxe texture while keeping it wholesome. Perfect for a quick, satisfying dinner!

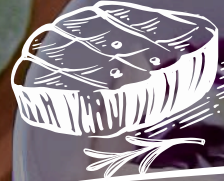
**Future Video
Coming Soon!*



**Full Video
Here!!**







Dinner

Instructions:

1. Cook the Potatoes: Place the halved potatoes in a pot of salted boiling water. Cook for 12–15 minutes or until fork-tender. Drain and set aside.

2. Prepare the Steak: Rub the steaks with butter and season generously with salt and pepper. Heat a skillet or grill over high heat. Sear the steaks for 3–4 minutes per side (for medium-rare) or adjust to your preferred doneness. Let the steaks rest for 5 minutes before serving.

3. Make the Chimichurri Sauce: In a small bowl, combine the parsley, cilantro, red wine vinegar, minced garlic, chili flakes (if using), and C60 Power EVOO. Season with salt and pepper to taste. Stir well and set aside.

4. Prepare the C60 Mayo Potatoes: In a bowl or blender, blend together all of the ingredients leaving out the C60 Power EVOO. When the mayo is made use a spoon to combine the C60 Power EVOO.

5. Assemble the Dish: Plate the steaks alongside the mayo-dressed potatoes. Generously spoon the chimichurri sauce over the steaks and garnish with any leftover parsley, cilantro or dill if desired.



Prep Time:
15 Minutes



Cook Time:
25 Minutes



Total Time:
40 Minutes



Servings:
2

Steak with C60 Chimichurri

“

Elevate your steak night with this vibrant dish featuring a zesty chimichurri sauce and creamy C60-infused-mayo potatoes w/ dill. Bursting with flavor and enhanced with the benefits of C60 Power EVOO, this meal is a perfect balance of indulgence and nourishment.

Culinary Medicine Notes:

C60 Power EVOO MCT Oil:

Supports cellular health and energy, while adding a rich, nourishing touch to the dish.

Steak:

A protein-packed centerpiece that provides essential iron for energy and vitality.

Chimichurri:

A fresh, herbaceous sauce loaded with antioxidants, perfect for digestion and adding a zesty punch.

C60 Mayo Potatoes:

Creamy and satisfying, infused with lemon and C60 oil for a bright, healthy twist on a classic side dish.

This Steak w/ C60 Chimichurri and Mayo Potatoes is an elegant, restaurant-quality dish you can enjoy at home, full of flavor and health-enhancing benefits. Bon appétit!



Allergy Info: GF

Ingredients:

For the Steak and Potatoes:

- 2 grass-fed steaks (ribeye, filet mignon, or sirloin)
- 1 Tbsp C60 Power EVOO
- 4 small potatoes (halved)
- 2 Tbsp butter (or ghee)
- Salt and pepper, to taste

For the Chimichurri Sauce:

- ½ cup fresh parsley, finely chopped
- ¼ cup fresh cilantro, finely chopped
- 2 Tbsp red wine vinegar
- 2 garlic cloves (minced)
- 1 Tsp red chili flakes (optional)
- 3 Tbsp C60 Power EVOO
- Salt and pepper, to taste

For the C60 Mayo:

- 1 whole egg
- ½ Tbsp lemon juice
- 1 Tsp white wine vinegar
- ¼ Tsp Dijon mustard
- ¼ Tsp celery salt
- 1 cup fresh dill prawns (limit stems)
- 1 cup light-flavored olive oil

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Ingredients:

For the Soup:

1 Tbsp	C60 Power Coconut MCT Oil
1 Tbsp	good EVOO or ghee
1 can (13.5 oz)	coconut milk
3 cups	vegetable or seafood stock
2	stalks lemongrass, bruised and cut into 2-inch pieces
	Juice and zest of 1 lime
2	Thai chilies, sliced (adjust to taste)
8	large shrimp, peeled and deveined
6	scallops, cleaned
½ Tsp	salt (to taste)

For the C60 Marinated Microgreens:

1 cup	fresh microgreens (e.g., arugula, radish, or broccoli)
1 Tbsp	C60 Power Coconut MCT Oil
1 Tsp	lime juice
	pinch of salt to taste

Optional Garnish:

- Fresh cilantro
- Lime wedges

Instructions:

1. Prepare the Microgreens:

In a small bowl, gently toss the microgreens with C60 Power Coconut MCT Oil, lime juice, and a pinch of salt. Let them marinate while preparing the soup.

2. Start the Broth:

In a large pot, heat EVOO or ghee over medium heat. Add the lemongrass, Thai chilies and lime zest, sautéing until fragrant (about 1–2 minutes). Remove lemongrass.

3. Build the Soup Base:

Pour in the coconut milk and stock. Bring to a gentle simmer and cook for 10 minutes to allow the flavors to meld.

4. Cook the Seafood:

Add the shrimp and scallops to the simmering soup. Cook for 3–5 minutes, or until the shrimp turn pink and the scallops are opaque. Avoid overcooking.

5. Finish with Lime:

Stir in the lime juice and season with salt to taste.

6. Serve and Garnish:

Ladle the soup into bowls. Top each bowl with a pinch of the marinated microgreens. Garnish with a drizzle of C60 Power Coconut MCT Oil, fresh cilantro, and a lime wedge if desired.



Culinary Medicine Notes:

C60 Power Coconut MCT Oil:
Boosts energy, brain function, and cellular health, while providing a subtle coconut flavor.

Shrimp & Scallops:
Lean proteins packed with omega-3 fatty acids, promoting heart and brain health.

Microgreens:
Rich in vitamins and antioxidants, these tiny greens enhance the dish's nutrient density and freshness.

Lemongrass & Thai Chilies:
Known for their anti-inflammatory and digestive benefits, they add aromatic and spicy notes.

This Thai Coconut Shrimp & Scallop Soup with C60 Marinated Microgreens delivers bold, balanced flavors with every spoonful. It's a nourishing and biohacking-friendly meal that's as beautiful as it is delicious. Sawasdee kha!

“ —

Warm, spicy, and packed with fresh Thai flavors, this soup is a luxurious yet wholesome dish. The creamy coconut broth, infused with lemongrass and lime, perfectly complements tender shrimp and scallops. Topped with C60 Power Coconut MCT Oil-marinated microgreens, this dish not only bursts with vibrant flavors but also biohacks your health with the benefits of C60 Power Coconut MCT Oil.

Prep Time: 15 Minutes	Cook Time: 20 Minutes	Total Time: 35 Minutes	Servings: 4



**Future Video Coming Soon!*

Thai Coconut Shrimp & Scallop Soup



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!! Allergy Info: GF, DF

Lamb Meatballs with Tzatziki



Prep Time:
15 Minutes



Cook Time:
25 Minutes



Total Time:
40 Minutes



Servings:
4

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Coming Soon!*



Allergy Info: GF

Culinary Medicine Notes:

C60 Power Avocado Oil:

Supports cellular health, energy production, and cognitive function without heat, preserving its bioactive properties.

Lamb:

Rich in protein, zinc, and B vitamins, promoting muscle repair and immunity.

Cucumber & Yogurt:

Hydrating and gut-friendly, the combo soothes digestion and balances the dish's richness.

Garlic & Lemon:

Boosts immune health and enhances the Mediterranean flavors of this dish.

Enjoy these Lamb Meatballs with Tzatziki for a meal that's as flavorful as it is functional—a nourishing way to elevate your dining experience!



Juicy, spiced lamb meatballs meet cool, creamy tzatziki in this Mediterranean-inspired dish. Infused with the health-enhancing properties of C60 Power Avocado Oil, this meal balances rich flavors and biohacking benefits. Perfect as a light dinner, appetizer, or snack!

**Full Video
Here!!**



Ingredients:

For the Meatballs:

1 Lb	ground lamb
¼ cup	gluten free bread crumb
1	garlic clove (minced)
1 Tsp	cumin
1 Tsp	dried oregano
½ Tsp	salt
¼ Tsp	pepper
1	egg (optional)
1 Tbsp	fresh parsley, chopped (optional)

For the Meatballs:

1	full-fat yogurt (grass-fed or goat, if preferred)
1 cup	gluten free bread crumb
1	garlic clove (minced)
1 Tbsp	lemon juice
1 Tbsp	C60 Power Avocado Oil
¼ Tsp	salt to taste
2 Tbsp	dill

To serve:

- Fresh dill or parsley for garnish
- Lemon wedges

Instructions:

1. **Prepare the meatballs:** Preheat oven to 350 degrees Fahrenheit. In a large bowl, mix the ground lamb, garlic, cumin, oregano, salt, pepper, and parsley (if using) until well combined. Form into 12-15 small meatballs.
2. **Cook the meatballs:** Arrange meatballs on a non-stick sheet pan and place on the center rack of the oven for 15 - 20 minutes until cooked through and starting to brown.
3. **Make the tzatziki sauce:** In a mixing bowl, combine the grated cucumber, yogurt, garlic, lemon juice, and salt. Stir in C60 Power Avocado Oil for a silky texture and added health benefits. Chill until ready to serve.
4. **Assemble and garnish:** Serve the lamb meatballs warm, accompanied by the chilled tzatziki. Garnish with fresh dill or parsley and a squeeze of lemon juice.





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Seared Halibut over Lemon Hummus with C60 Oil

 Prep Time: **10 Minutes**

 Cook Time: **15 Minutes**

 Total Time: **25 Minutes**

 Servings: **2**

“ —

A perfectly seared halibut fillet rests on a bed of bright, creamy lemon hummus in this vibrant, nourishing dish. With the addition of C60 Power EVOO in the hummus and marinated sprouts, it's packed with healthy fats, antioxidants, and anti-inflammatory benefits. This simple yet sophisticated meal is a perfect balance of flavor, texture, and wellness.

Marinated Sprouts

!! Allergy Info: GF, DF (if using dairy-free tahini)

Instructions:

- 1. Make the Lemon Hummus:** In a food processor, combine chickpeas, tahini, garlic, lemon juice, 2 tablespoons C60 Power EVOO, and salt. Blend until smooth, adding water a tablespoon at a time until creamy. Taste and adjust seasoning if necessary. Set aside.
- 2. Marinate the Sprouts:** In a bowl, toss the sprouts with C60 Power EVOO, lemon juice, salt, and pepper. Let marinate while preparing the halibut to enhance their flavor and boost nutrition.

- 3. Sear the Halibut:** Season halibut fillets with salt and pepper. In a skillet, heat 1 tablespoon C60 Power EVOO over medium-high heat. Sear the fillets for 4–5 minutes per side, or until golden and cooked through.
- 4. Assemble the Dish:** Spread a generous spoonful of lemon hummus on each plate. Place a seared halibut fillet on top.
- 5. Serve and Enjoy:** Top each fillet with marinated sprouts for a burst of freshness and added health benefits. Serve with a wedge of lemon for brightness.



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Ingredients:

For the Halibut:

- 2 halibut fillets (about 6 oz each)**
- 1 Tbsp C60 Power EVOO**
- Salt and pepper to taste**

For the Lemon Hummus:

- 1 cup cooked chickpeas (or 1 can, drained and rinsed)**
- 2 Tbsp tahini**
- 1 garlic clove**
- 1 juice of lemon**
- 2 Tbsp C60 Power EVOO**
- ¼ Tbsp salt**
- 2-3 Tbsp water (or more for desired consistency)**

For the Halibut:

- 1 cup organic sprouts (e.g., broccoli, radish, or alfalfa)**
- 1 Tbsp C60 Power EVOO**
- 1 Tbsp lemon juice**
- Salt and pepper to taste**

Culinary Medicine Notes:

C60 Power EVOO:
Packed with healthy fats and antioxidants, it supports cellular health, boosts energy, and enhances cognitive function.

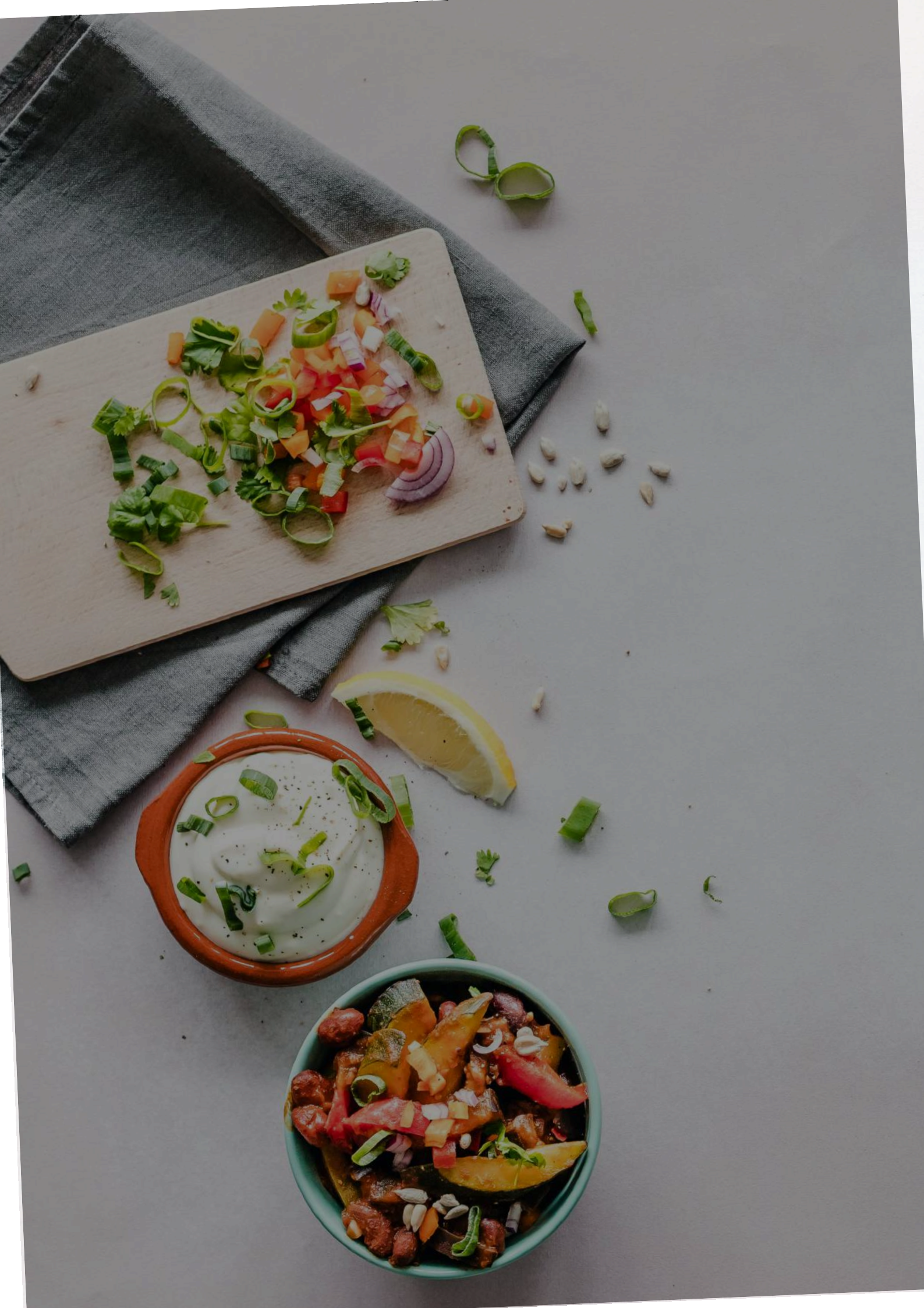
Halibut:
A lean, protein-rich fish loaded with vitamin D and omega-3 fatty acids for heart and brain health.

Chickpeas & Tahini:
High in fiber and plant-based protein, they support digestive and heart health. Tahini adds healthy fats and creaminess.

Sprouts:
Nutrient-dense powerhouses full of vitamins, minerals, and enzymes. They aid digestion, boost immunity, and add a refreshing crunch.

Garlic & Lemon:
Rich in antioxidants, these ingredients support immune health and provide vibrant, fresh flavors.
This Seared Halibut over Lemon Hummus with C60 Oil Marinated Sprouts delivers a balanced, flavorful, and nourishing meal—perfect for a healthy, satisfying dinner. Enjoy the taste and the benefits!

This Seared Halibut over Lemon Hummus is a balanced, flavorful meal that combines simple ingredients with big health benefits—perfect for a nutritious and satisfying dinner. Enjoy!





Side Dishes



Lemony Zoodles with Chilis



Prep Time:
10 Minutes



Cook Time:
5 Minutes



Total Time:
15 Minutes



Servings:
2

Instructions:

- 1. Prepare the zucchini noodles:** If using a spiralizer, create thin, even noodles from the zucchini. Pat the zoodles dry with a paper towel to remove excess moisture.
- 2. Make the dressing:** In a small bowl, whisk together the lemon juice, garlic, lemon zest, salt, and pepper. Drizzle in the C60 Power EVOO Oil, whisking to combine.
- 3. Assemble the dish:** Toss the zoodles with the lemon dressing. Add the sliced cherry peppers and toss gently to combine.
- 4. Serve and garnish:** Divide the zoodles into two bowls or plates. Garnish with fresh parsley or basil if desired. Serve immediately.

Ingredients:

- 3** medium zucchini, spiralized into noodles
- 2 Tbsp** fresh lemon juice
- 2** garlic cloves (pressed or finely diced)
- 1 Tbsp** lemon zest
- 1-2** cherry peppers, thinly sliced (adjust for heat preference)
- ¼ Tsp** salt
- ⅛ Tsp** black pepper

Optional garnish: fresh parsley or basil



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“

Fresh, zesty, and delightfully spicy, this dish features zucchini noodles coated in a lemony dressing and topped with vibrant cherry peppers. Infused with C60 Power EVOO (used raw to preserve its benefits), this quick and light recipe makes for a perfect lunch or side dish.

Culinary Medicine Notes:

C60 Power EVOO Oil:

Supports cellular health and energy levels, adding smooth richness and enhancing the dish's nutritional profile.

Zucchini:

Low in calories and high in water content, zucchini provides hydration and fiber for digestion.

Lemon:

Rich in vitamin C and antioxidants, lemon brightens the dish while boosting immune health.

Cherry Peppers:

A spicy kick loaded with capsaicin, which can promote metabolism and reduce inflammation.

Lemony Zoodles with Chilis is a refreshing and spicy way to enjoy a low-carb, nutrient-dense dish that's as vibrant in flavor as it is nourishing. Bon appétit!



Allergy Info: GF, DF, V



Culinary Medicine Notes:

C60 Power Avocado Oil:

Enhances cellular health, energy, and digestion, making this coleslaw both delicious and bioactive.

Cabbage & Carrots:

Rich in vitamins C and A, as well as fiber, these veggies support immunity and gut health.

Apple Cider Vinegar:

Contains acetic acid, which aids digestion and balances blood sugar levels.

Celery & Dill Seed:

Adds crunch and unique flavor while providing antioxidants and supporting digestion.

Power Picnic Coleslaw is a refreshing, nutrient-dense dish that's perfect for sharing—whether at a backyard barbecue or a serene park picnic. Enjoy the crunch and health benefits in every bite!

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Instructions:

- 1. Prepare the vegetables:** In a large mixing bowl, combine the shredded cabbage, carrots, and sliced celery. Toss to mix evenly.
- 2. Make the dressing:** In a small bowl, whisk together the apple cider vinegar, lemon juice, mustard, celery salt, and black pepper. Slowly drizzle in the C60 Power Avocado Oil while whisking, until the dressing is smooth and emulsified.
- 3. Toss the coleslaw:** Pour the dressing over the vegetables and toss until everything is evenly coated.
- 4. Serve or chill:** Serve immediately for a crisp texture, or refrigerate for 30 minutes to let the flavors meld.

“

Fresh, zesty, and delightfully spicy, this dish features zucchini noodles coated in a lemony dressing and topped with vibrant cherry peppers. Infused with C60 Power EVOO (used raw to preserve its benefits), this quick and light recipe makes for a perfect lunch or side dish.



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Power Picnic Coleslaw



Prep Time:
15 minutes



Cook Time:
0



Total Time:
15 Minutes



Servings:
4



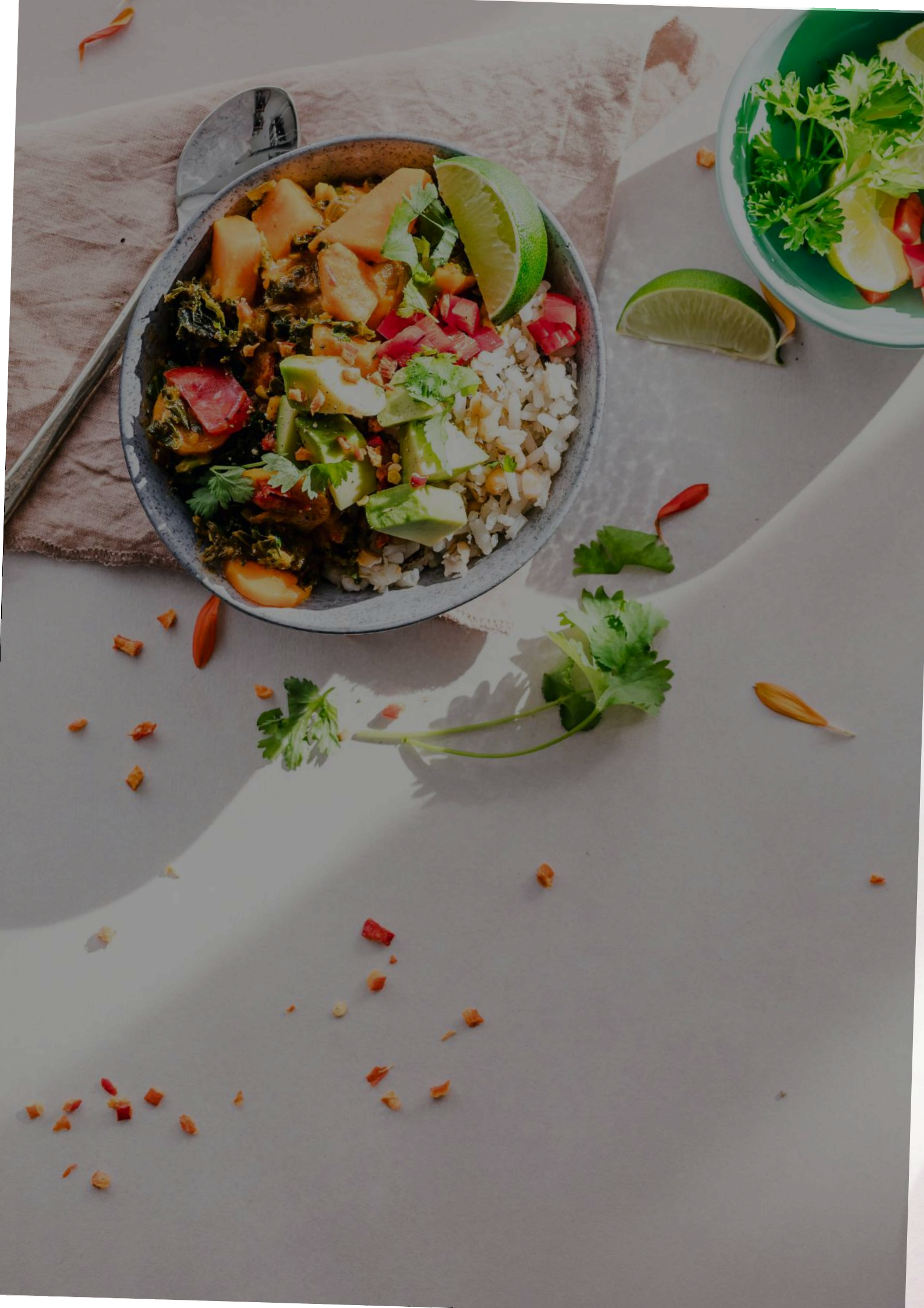
Ingredients:

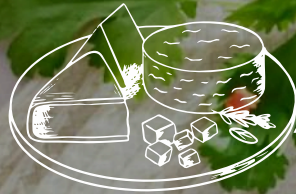
- 3 cups shredded cabbage (green, red, or a mix)
- 1 cup shredded carrots
- 2 stalks celery, thinly sliced
- 1 Tsp dill or celery seed
- 1 Tsp Dijon mustard
- 2 Tbsp apple cider vinegar
- juice of 1 lemon
- 2 Tbsp C60 Power Avocado Oil
- ½ Tsp celery salt
- ¼ Tsp black pepper



Allergy Info: GF, DF, V







Appetizer



Super Power Citrus Ceviche



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Prep Time:
20 minutes



Marinate:
30 Minutes



Total Time:
50 Minutes



Servings:
4



Ingredients:

- 1 lb** fresh cooked shrimp, peeled, deveined, and chopped into bite-sized pieces
- 2** garlic cloves (minced)
- 1 cup** freshly squeezed lime juice (about 4 limes)
- ½ cup** freshly squeezed lemon juice (about 2 lemons)
- ½** small red onion, finely sliced
- 1** jalapeño, finely diced (adjust for heat)
- 1 cup** cherry tomatoes, diced
- 2 Tbsp** C60 Power Coconut MCT Oil
- ¼ cup** fresh cilantro, chopped
- ½ Tsp** salt
- ¼ Tsp** black pepper



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Instructions:

- 1. Marinate the shrimp:** Place the chopped shrimp in a large glass or ceramic bowl. Add the garlic, lime juice, and lemon juice, ensuring the shrimp are fully submerged in the marinade. Cover and refrigerate for 30 minutes.
- 2. Prepare the mix-ins:** While the shrimp marinates, prepare the red onion, jalapeño, cherry tomatoes, and cilantro.
- 3. Assemble the ceviche:** Remove the shrimp from the fridge and gently toss with the red onion, jalapeño, cherry tomatoes, salt, and pepper. Drizzle with C60 Power Avocado Oil for a silky finish, and fold in the cilantro.
- 4. Serve and enjoy:** Spoon the ceviche into serving bowls or onto lettuce leaves for a light, handheld option. Garnish with extra cilantro or a slice of lime if desired.

“

Bright, zesty, and packed with flavor, this Super Power Citrus Ceviche combines fresh shrimp with a tangy citrus marinade, a touch of heat, and the nutritional boost of C60 Power Coconut MCT Oil. It's a refreshing, no-cook dish perfect for hot days or light meals.

Culinary Medicine Notes:

C60 Power Avocado Oil:

Boosts cellular energy and supports overall health while adding a creamy texture to the dish.

Shrimp:

Low in calories and rich in lean protein, selenium, and omega-3 fatty acids for heart and brain health.

Citrus & Jalapeño:

Packed with vitamin C and capsaicin, they help boost immunity and metabolism.

Tomatoes & Red Onion:

Rich in antioxidants, they add vibrant color and beneficial phytonutrients to the dish.

Super Power Citrus Ceviche is a refreshing, nutrient-packed dish perfect for warm days or any occasion that calls for bright, bold flavors. Serve it as an appetizer or a light main course and savor every zesty bite!



Allergy Info: GF, DF

Power Packed Deviled Eggs

“

Take classic deviled eggs to the next level with crispy bacon, sharp cheddar, and a touch of heat from jalapeño. The addition of C60 Power Avocado Oil enhances this dish with its health-boosting benefits, making it the ultimate protein-packed snack or appetizer.



Prep Time:
15 minutes



Marinate:
10 Minutes



Total Time:
25 Minutes



Servings:
12 deviled eggs

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*Full Video
Here!!*



Allergy Info: GF

Instructions:

- 1. Cook the eggs:** Place the eggs in a pot of cold water and bring to a boil. Once boiling, remove from heat, cover, and let sit for 10 minutes. Transfer the eggs to an ice bath to cool, then peel.
- 2. Prepare the filling:** Slice the eggs in half lengthwise and carefully scoop out the yolks into a mixing bowl. Mash the yolks with a fork, then mix in the mayonnaise, Dijon mustard, and C60 Power Avocado MCT Oil until smooth. Stir in the crumbled bacon, diced jalapeño, and shredded cheddar. Season with salt and pepper to taste.
- 3. Fill the egg whites:** Spoon or pipe the filling back into the egg white halves.
- 4. Garnish and serve:** Top with extra bacon crumbles, a slice of jalapeño, or a sprinkle of cheddar for garnish. Serve immediately, or refrigerate until ready to enjoy.

Culinary Medicine Notes:

C60 Power Avocado MCT Oil:

Enhances cellular health and energy while adding a silky texture to the filling.

Eggs:

Rich in high-quality protein, choline, and vitamins for brain and eye health.

Bacon & Cheddar:

Provides bold, savory flavor and a satisfying texture, perfect for keto-friendly snacking.

Jalapeño:

Adds a spicy kick and is rich in capsaicin, which can boost metabolism and reduce inflammation.



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Ingredients:

- 6 large eggs
- 2 slices bacon, cooked and crumbled
- 2 Tbsp mayonnaise
- 1 Tsp Dijon mustard
- 1 Tbsp C60 Power Avocado Oil
- 1 small jalapeño, finely diced (adjust for heat preference)
- ¼ cup sharp cheddar cheese, finely shredded

Salt and pepper, to taste

Optional garnish: extra bacon crumbles or sliced jalapeño

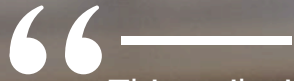




Snacks







Super Sweet & Spicy Trail Mix



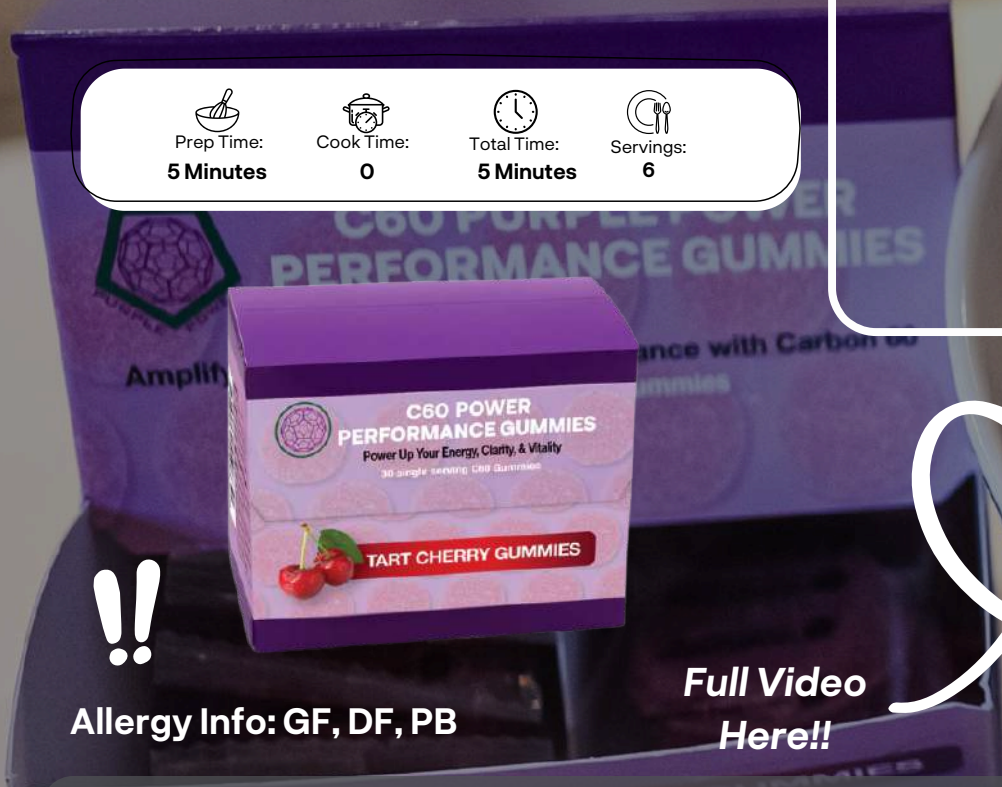
This trail mix combines the natural sweetness of dates and coconut flakes with the bold crunch of nuts, all elevated with a spicy cinnamon kick from C60 Power Cinnamon MCT Oil. Perfect for on-the-go energy, this blend is as flavorful as it is nutrient-dense.



 Prep Time: 5 Minutes	 Cook Time: 0	 Total Time: 5 Minutes	 Servings: 6
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**Future Video Coming Soon!*



Allergy Info: GF, DF, PB

Full Video Here!!

Culinary Medicine Notes:

C60 Power Cinnamon MCT Oil:
Boosts energy and supports cellular health while adding a warm, spiced sweetness to the mix.

Nuts (Pecans & Almonds):
Loaded with healthy fats, protein, and antioxidants to fuel your body and mind.

Dates/Gummies:
A natural source of quick energy, paired with satisfying sweetness.

Coconut Flakes:
Rich in fiber and healthy fats, adding texture and tropical flavor.

Super Sweet & Spicy Trailmix is your perfect snack for outdoor adventures, long workdays, or a sweet and spicy pick-me-up anytime. Happy trails!

Ingredients:		½ cup	unsweetened coconut flakes
1 cup	pecans chopped in half	1 cup	almond slices
1 cup	almond slices	2 Tbsp	C60 Power Cinnamon MCT Oil
½ cup	pumpkin seeds	½ Tsp	cayenne pepper (optional, for heat)
6	C60 Gummies cut into pieces	¼ Tsp	sea salt



Instructions:

1. **Prepare the nuts:** In a mixing bowl, combine the pecans and almonds.
2. **Add the sweetness:** Toss in the chopped gummies, followed by the coconut flakes.
3. **Season with spice:** Drizzle the C60 Power Cinnamon MCT Oil over the mixture and sprinkle with cayenne pepper (if using) and sea salt. Toss well to coat evenly.
4. **Serve and store:** Enjoy immediately or transfer to an airtight container for snacking throughout the week.

Super Power Protein Balls



Prep Time:
10 Minutes



Chill Time:
20 Minutes



Total Time:
30 Minutes



Servings:
10

**Future Video
Coming Soon!*

Instructions:

- 1. Mix the ingredients:** In a large mixing bowl, combine the almond butter, protein powder, flax seeds, and coconut flakes. Drizzle in the C60 Power Cinnamon and Coconut MCT Oil and mix until the dough comes together. If needed, add honey or maple syrup for extra sweetness.
- 2. Shape into balls:** Scoop about 1 tablespoon of the mixture and roll into a ball. Repeat with the remaining mixture.
- 3. Coat in coconut (optional):** Roll each ball in additional coconut flakes for a textured, sweet finish.
- 4. Chill and serve:** Place the protein balls on a tray or plate and refrigerate for 20 minutes to firm up. Store leftovers in an airtight container in the fridge for up to 2 weeks.

*Full Video
Here!!*

Ingredients:

1 cup	almond butter
½ cup	vanilla or chocolate protein powder
¼ cup	ground flax seeds
¼ cup	unsweetened coconut flakes (plus extra for rolling)
2 Tbsp	C60 Power Coconut MCT Oil
1 Tbsp	honey or maple syrup (optional, for sweetness)



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Power through your day with these no-bake protein balls packed with nutrient-rich ingredients. Almond butter, protein powder, and flax seeds provide energy and satiety, while C60 Power Cinnamon and Coconut MCT Oil adds a boost of health-enhancing benefits and a hint of spice.



Culinary Medicine Notes:

C60 Power Coconut MCT Oil:

Enhances energy, supports focus, and adds a delightful coconut flavor to these protein-packed bites.

Almond Butter:

Rich in healthy fats, vitamin E, and magnesium for sustained energy and muscle recovery.

Flax Seeds:

A powerhouse of fiber, omega-3s, and lignans for heart health and digestion.

Protein Powder:

Supports muscle repair and growth, making these an ideal post-workout snack.

Super Power Protein Balls are a convenient, delicious, and nutritious way to fuel your busy lifestyle. Perfect for workouts, mid-day snacks, or on-the-go energy!



Allergy Info: GF, DF, V

Index & Tags





C60 Power Coconut MCT Oil:

- Coconut Minty Hot Cocoa
- C60 Power Chia Pudding
- Super Power Citrus Ceviche
- Super Power Protein Balls

C60 Extra Virgin Oil:

- Steak w/ C60 Chimichurri
- Thai Coconut Shrimp & Scallop Soup
- Seared Halibut over Lemon Hummus w/ C60 Oil
- Marinated Sprouts
- Lemony Zoodles w/ Chilis



C60 Cinnamon Oil:

- Cinnamon (Mezcal or Mock) Margarita
- Cinnamon Golden Milk Boba
- C60 Cinnamon Roll Pancakes w/ Apples
- Pumpkin Soup with Cinnamon Pepitas
- Super Sweet & Spicy Trail Mix

C60 Avocado Oil:

- Super Power Green Smoothie
- Butter Chicken Salad
- Easy Fish Tacos with Cilantro Lime C60 Avocado Oil Crema
- Lamb Meatballs w/ Tzatziki
- Power Picnic Coleslaw
- Power Packed Deviled Eggs

C60 Power Gummies:

- Cinnamon Golden Milk Boba
- Super Sweet & Spicy Trail Mix

