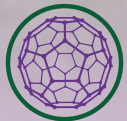


# THE ANTIOXIDANT COOKBOOK

Cooking with **C60** for a Healthier Life



**C60**POWER™

## 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.

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 by-product) is produced in a laboratory for human and animal consumption (no, they don’t harvest it in outer space).





## About the 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.







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# BEVERAGES





**Total Time:**  
6 Minutes



**Servings:**  
2



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## Coconut Minty Hot Cocoa

### Ingredients

8 oz organic coconut milk from a can  
(unsweetened or sweetened)

2 tbsp organic dark cocoa

2-4 drops peppermint extract or edible oil

1 tbsp C60 in Organic MCT Coconut Oil

**\*\*Optional:** Use the C60 in Organic MCT Coconut Oil to  
make whipped cream - need 1/2 cup heavy cream

### 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 ½ tablespoon with ½ cup of heavy whipping cream to make the MCT Whipped Cream.

“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.”

**Allergy Info:** GF, V, PB. Contains coconut and some caffeine from the chocolate.



### 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 supports heart health, as well as healthy saturated fats called MCTs, which supports hearth 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.





**Total Time:**  
5 Minutes



**Servings:**  
1



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# Cinnamon (Mezcal or Mock) Margarita

## Ingredients

- 1.5 oz Mezcal or ginger beer
- 1 oz fresh lime juice
- 1 oz orange juice
- 1 tbsp Cinnamon Flavored C60 in MCT Coconut Oil
- 1 cinnamon stick (optional)

**\*\*Optional:** Combine 1/2 tsp Ceylon cinnamon and 1/2 tsp of sea salt for rim

## 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 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!

“Margaritas 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.



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

**Antioxidants:** Mezcal contains antioxidants that can help protect cells from oxidative stress.

**Heart Health:** Moderate consumption of mezcal may support 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.

**Vitamins B and C:** Agave is rich in vitamins B and C, which can help your body turn food into energy.

\*However, these benefits are associated with moderate consumption.



**Total Time:**  
35 Minutes



**Servings:**  
4



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# Cinnamon Golden Milk Boba

## Ingredients

- 2 cups unsweetened canned coconut milk
- 1 tsp of ground turmeric
- 1/2 tsp ground ginger
- 1/2 tsp Ceylon cinnamon
- 1 tbsp honey or maple syrup (optional)
- 1 tbsp Cinnamon Flavored C60 in MCT Coconut Oil (added after cooling)
- 4 C60 Gummies (cut into small circles for boba balls)

## Instructions

1. Prepare the golden milk: 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.
2. Cool and infuse: 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.
3. Prepare the boba balls: While the milk cools, cut the C60 gummies into small circles to resemble traditional boba balls.
4. Assemble the drink: Divide the gummy "boba balls" between two glasses. Pour the cooled golden milk over the top. Add ice if you prefer your boba chilled.
5. Serve and enjoy: Stir gently to distribute the boba balls and sip with a wide straw or spoon.

“Years ago, a friend introduced me to Ayurveda and the incredible health benefits of spices like turmeric, ginger, and Ceylon cinnamon. This recipe combines those powerful flavors in 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 without preservatives for the best flavor and nutrition.”

**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.



# BREAKFAST

A top-down view of a breakfast meal served on a white ceramic plate. The plate contains two sunny-side-up eggs, a portion of cooked bacon, a small bowl of baked beans, a small bowl of syrup, a folded pancake, and a selection of fresh fruit including orange slices, raspberries, and blackberries. The plate is set on a grey textured placemat. To the left of the plate is a silver fork resting on a white napkin. To the right is a silver butter knife. Further to the right is a white cup of coffee on a matching saucer. The entire setup is on a light-colored wooden table. The word "BREAKFAST" is overlaid in large, bold, purple capital letters across the center of the image.





**Total Time:**  
5 Minutes



**Servings:**  
1



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## Super Power Green Smoothie

### Ingredients

- 1/2 ripe avocado
  - 1 tbsp C60 in Organic Avocado Oil
  - 1 lime, juiced
  - 1/2 cup fresh or frozen pineapple
  - 1 cup coconut water
  - 1 handful fresh spinach
  - 1 scoop vanilla protein powder (plant-based for vegan)
  - Ice cubes (if pineapple is fresh)
- \*\*Optional garnish: Lime wedges and shredded coconut**

### Instructions

1. Blend the greens: Add the spinach, avocado, and coconut water to a high-speed blender. Blend until smooth to ensure the greens are fully incorporated.
2. Add the tropical goodness: Add the pineapple chunks, lime juice, and vanilla protein powder to the blender. Blend again until creamy.
3. Adjust consistency: Add ice cubes if you prefer a thicker, colder smoothie. Blend once more until smooth and frothy.
4. Serve and enjoy: 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.

“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.”

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



### 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!





**Total Time:**  
15 Minutes



**Servings:**  
6-8 Mini  
Pancakes



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# C60 Cinnamon Roll Pancakes with Apples

## Ingredients

1 cup gluten-free pancake mix like living prana brain cakes

1 large egg (or flax egg for PB/V)

3/4 cup raw milk (or plant-based milk for DF/PB)

1 tbsp Cinnamon Flavored C60 in MCT Coconut Oil

1 medium organic apple, finely diced

1/4 cup chopped pecans

**\*\*Optional:** 3 tablespoons butter and extra  
1/2 tablespoon C60 Power Cinnamon MCT

## 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 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 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.

“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!”

**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 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!



**Total Time:**  
5 Minutes



**Servings:**  
2



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# C60 Power Chia Pudding

## Ingredients

3 tbsp chia seeds

1 cup coconut milk

1 tbsp C60 in Organic MCT Coconut Oil

1/2 tsp pure vanilla extract

1/2 cup fresh or frozen blackberries  
(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.”

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



## 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 support immune health.

### Coconut Milk:

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

This C60 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!





**LUNCH**



**Total Time:**  
25 Minutes



**Servings:**  
2



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## Butter Chicken Salad

### Ingredients

2 chicken breasts, diced	1/2 tsp pepper
1 lemon, juiced	1/2 tsp salt (to taste)
1 tbsps C60 in Organic Avocado Oil	4 cups fresh arugula
1/4 cup melted butter	1 cup cherry tomatoes, halved
1/2 tsp garlic powder	

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

### Dressing:

1 lemon, juiced	1 tbsps apple cider vinegar
2 tbsps C60 Power Avocado Oil	1/2 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.



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."

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



### Culinary Medicine Notes:

#### **C60 Power Avocado 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!





**Total Time:**  
25 Minutes



**Servings:**  
3-5 Tacos



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# Easy Fish Tacos with Cilantro Lime C60 Avocado Oil Crema

## Ingredients

### For the Fish

1 lb White fish (cod, tilapia or halibut)	1/2 tsp garlic powder
1 tbsp C60 in Organic Avocado Oil	Salt and pepper to taste
1 tsp cumin	8 GF tortillas
1/2 tsp chili or cayenne Pepper	

### For the Cilantro Lime Crema:

1/2 cup Plain Yogurt/Sour Cream	1/4 cup fresh cilantro, chopped
2 tbsp C60 Power Avocado Oil	Salt and pepper to taste
2 tbsp Lime Juice (about 1 lime)	

### For the Topping:

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

## 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!

“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 Oil, delivering healthy fats benefits. Each bite is a burst of flavor and nourishment!”

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



## Culinary Medicine Notes:

### C60 Power Avocado Oil:

Rich in healthy fats and antioxidants, C60 in Organic avocado oil supports energy and cellular health, 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!



**Total Time:**  
40 Minutes



**Servings:**  
6



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# Squash Soup with Cinnamon Seeds

## Ingredients

### For the Soup

- 1 small butternut squash, peeled, seeded and diced
- 1 small acorn squash, peeled, seeded and diced
- 1 tbps Cinnamon Flavored C60 in MCT Coconut Oil
- 3 cups vegetable or chicken stock
- 1 cup coconut milk
- 1/2 tsp cinnamon
- 1/2 tsp salt, or to taste
- 1/4 tsp pepper (or cayenne pepper)

### For the Cinnamon Seeds:

- |  |                  |
|--|------------------|
| 1/2 cup pumpkin seeds (pepitas)                | 1/4 tsp cinnamon |
| 1 tsp Cinnamon Flavored C60 in MCT Coconut Oil | Salt to taste    |

## Instructions

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.

“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).



FEATURING  
**C60 in Organic MCT  
Cinnamon Oil**

## Culinary Medicine Notes:

### C60 Power Cinnamon MCT Oil:

Provides antioxidant 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!





**Total Time:**  
30 Minutes



**Servings:**  
4



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# Avocado Pesto + Bacon Pasta

## Ingredients

- 12 oz Penne pasta (gluten-free if preferred)
- 4 slices bacon, cooked and crumbled
- 1 ripe avocado
- 1 cup fresh basil leaves
- 1/4 cup pine nuts
- 1 garlic clove
- 1/4 cup grated parmesan cheese, extra for garnish
- 2 tbsp of C60 in Organic Extra Virgin Olive Oil
- 1/2 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.

“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!”

**Allergy Info:** GF (if using GF penne).



## Culinary Medicine Notes:

### C60 Power EVOO:

Supports cellular health, boosts energy, and promotes 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.

### 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!



**DINNER**





**Total Time:**  
40 Minutes



**Servings:**  
2



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# Steak with C60 Chimichurri

## Ingredients

### For the Steak and Potatoes

2 grass-fed steaks (ribeye, filet mignon, or sirloin)	2 tbsp butter or ghee
1 tbsp C60 in Organic EVOO	salt and pepper to taste
4 small potatoes, halved	

### For the Chimichurri Sauce

2 garlic cloves, minced	
1/2 cup fresh parsley, chopped	1 tsp red chili flakes
1/4 cup fresh cilantro, chopped	3 tbsp C60 Power EVOO
2 tbsp red wine vinegar	Salt and pepper to taste

### For the C60 Mayo

1/4 tsp Dijon mustard	
1 whole egg	1/4 tsp celery salt
1/2 tbsp lemon juice	1 cup fresh dill prawns (limit stems)
1 tsp white wine vinegar	1 cup light olive oil

## 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.

“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.”

**Allergy Info:** GF.



## Culinary Medicine Notes:

### C60 Power EVOO 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!



**Total Time:**  
35 Minutes



**Servings:**  
4



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# Thai Coconut Shrimp & Scallop Soup

## Ingredients

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

## For the C60 Marinated Microgreens:

- 1 cup fresh microgreens (eg, arugula, radish or broccoli)
- 1 tbsp C60 Power Coconut MCT Oil
- 1 tsp lime juice

**\*\*Optional:** Garnish with fresh cilantro and 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.

“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.”

**Allergy Info:** GF, DF.



## 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!





**Total Time:**  
40 Minutes



**Servings:**  
4



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# Lamb Meatballs with Tzatziki

## Ingredients

### For the Meatballs:

1 lb ground lamb	1/2 tsp salt
1/4 cup gluten-free bread crumbs	1/4 tsp pepper
1 garlic clove (minced)	1 egg (optional)
1 tsp cumin	1 tbsp fresh parsley, chopped
1 tsp dried oregano	

### For the Sauce:

1 full-fat yogurt  
1 garlic clove (minced)  
1 tbsp C60 in Organic Avocado Oil  
1/4 tsp salt to taste  
1 medium cucumber, grated  
2 tbsp dill

**\*\*Optional:** Garnish with fresh dill, parsley and 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.

“

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!”

**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!



**Total Time:**  
25 Minutes



**Servings:**  
2



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# Seared Halibut over Lemon Hummus with C60 Oil Marinated Sprouts

## Ingredients

### For the Halibut

2 halibut fillets (about 6oz each)  
1 tbsp C60 in Organic EVOO  
Salt and pepper to taste

### For the Sprouts

1 cup organic sprouts  
1 tbsp lemon juice  
Salt and pepper to taste  
1 tbsp C60 Power EVOO

### For the Hummus

1 cup cooked chickpeas (or 1 can, drained, and rinsed)  
2 tbsp Tahini  
1 garlic clove  
Juice of 1 lemon  
2 tbsp C60 Power EVOO  
1/4 tsp salt  
2-3 tbsp of water (to desired consistency)

## 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. 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.

“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.”

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



FEATURING  
C60 in Organic Extra  
Virgin Olive Oil

## 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 DISH**



**Total Time:**  
15 Minutes



**Servings:**  
2



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# Lemony Zoodles with Chilis

## Ingredients

3 Medium zucchini, spiralized into noodles

2 tbsp fresh lemon juice

1 tbsp C60 in Organic Extra Virgin Olive Oil

2 garlic cloves, Pressed or Finely Diced

1 tbsp lemon zest

1-2 cherry peppers, thinly sliced, to taste

1/4 tsp salt

1/4 tsp black pepper

**\*\*Optional:** Garnish with fresh parsley or basil

## 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.



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.

**Allergy Info:** GF, DF, V.



## 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 your metabolism.

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!





**Total Time:**  
15 Minutes



**Servings:**  
2



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## Power Picnic Coleslaw

### Ingredients

- 3 cups shredded cabbage (red, green or a mix)
- 1 cup shredded carrots
- 2 celery stalks, thinly sliced
- 1 tsp dill or celery seed
- 1 tsp Dijon mustard
- 2 tbsp apple cider vinegar
- Juice of one lemon
- 2 tbsp C60 in Organic Avocado Oil
- 1/2 tsp celery salt
- 1/4 tsp black pepper

### 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.

“Bright, tangy, and crunchy, this coleslaw is perfect for outdoor picnics or as a fresh side dish for any meal. Featuring C60 Power Avocado Oil, it’s packed with health-enhancing fats and bursting with flavor from fresh veggies and zesty seasonings.”

**Allergy Info:** GF, DF, V.



### Culinary Medicine Notes:

#### C60 Power Avocado Oil:

Supports 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 Seed & Dill:

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!

A close-up photograph of a glass bowl filled with a vibrant shrimp cocktail. The dish consists of large, cooked shrimp, diced tomatoes, finely chopped onions, and fresh cilantro leaves. The ingredients are mixed together, and the bowl is set against a blurred background of more food, including what appears to be tortilla chips.

# APPETIZER





**Total Time:**  
50 Minutes



**Servings:**  
4



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# Super Power Citrus Ceviche

## Ingredients

- 1 lb fresh cooked shrimp, peeled, deveined and chopped into bite-size pieces
- 2 garlic cloves, minced
- 1 cup freshly squeezed lime juice
- 1/2 cup of freshly squeezed lemon juice
- 1/2 small red onion, finely diced
- 1 jalapeño, finely diced, to taste
- 1 cup cherry tomatoes
- 2 tbsp C60 in Organic MCT Coconut Oil
- 1/4 cup fresh cilantro, chopped
- 1/2 tsp salt
- 1/4 tsp black pepper

## 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.”

**Allergy Info:** GF, DF.



## 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!



**Total Time:**  
25 Minutes



**Servings:**  
12



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# Power Packed Deviled Eggs

## Ingredients

- 6 large eggs
- 2 slices of bacon, cooked and crumbled
- 2 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 tbsp C60 in Organic Avocado Oil
- 1 small jalapeño, finely diced, adjust to taste
- 1/4 cup sharp cheddar cheese, finely shredded
- Salt and pepper to taste
- Optional garnish: Extra bacon crumbles or sliced jalapeños

## 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 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.

“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.”

**Allergy Info:** GF.



## Culinary Medicine Notes:

### C60 Power Avocado Oil:

Supports 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 your metabolism.



A top-down view of a white ceramic bowl filled with a variety of granola ingredients. The mixture includes sliced almonds, shredded coconut flakes, green pumpkin seeds, and small pieces of dried fruit, including pinkish-red cubes and darker, irregular pieces. The bowl is set against a light, neutral background.

# SNACKS



**Total Time:**  
6 Minutes



**Servings:**  
6



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## Super Sweet & Spicy Trail Mix

### Ingredients

- 1 cup pecans chopped in half
- 1 cup almond slices
- 1/2 cup pumpkin seeds
- 6 C60 Gummies, cut into pieces
- 1/2 cup unsweetened coconut flakes
- 2 tbsp Cinnamon Flavored C60 in MCT Coconut Oil
- 1/2 tsp cayenne pepper (optional)
- 1/4 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.

“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.”

**Allergy Info:** GF, DF, PB.



### 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 Trail Mix is your perfect snack for outdoor adventures, long workdays, or a sweet and spicy pick-me-up anytime. Happy trails!





**Total Time:**  
30 Minutes



**Servings:**  
10



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# Super Power Protein Balls

## Ingredients

- 1 cup almond butter
- 1/2 cup vanilla or chocolate protein powder
- 1/4 cup ground flax seed
- 1/4 cup unsweetened coconut flakes (more for rolling)
- 2 tbsp Cinnamon Flavored C60 in MCT Coconut Oil
- 1 tbsp honey or maple syrup (optional)

## 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.

“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.”

**Allergy Info:** GF, DF, V.



## Culinary Medicine Notes:

### C60 Power Coconut MCT Oil:

Supports energy and 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:

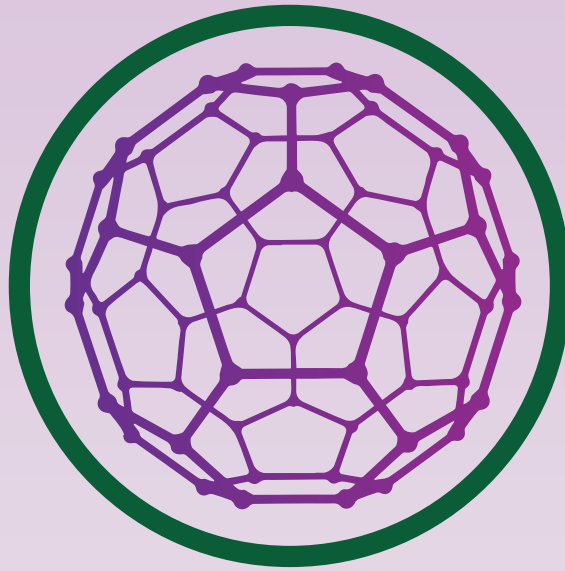
A powerhouse of fiber, omega-3s, and lignans for heart health and digestion.

### 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!

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