

Discovering Tina's Monster Muffin

Written by Mike Crackpot



Hungry. More Hungry. Can't make it to lunch. Missed breakfast. Gotta go get coffee. But that means I'll be by THAT food. That food they sell in 7-Elevens and little convenience stores like the one in my office. That food that isn't ORGANIC. That food stuffed with nothing but High Fructose Corn Syrup and other things that you don't need.

But I get coffee there everyday made by someone else who could be putting who knows what in it and it isn't organic and I have to use that non-dairy creamer because they don't stock soy and the creamer full of partially hydrogenated crap. Ah hell, hungry. Let's eat.

I go to the store and it's a clear battle between a croissant freshly delivered and a muffin. I fought hard to avoid the section with the apple pastries, bear claw and Vienna filled Danishes. I thought, what goes good with coffee? It's gotta be the muffins. And the chocolate chip one was chosen.

Back at my computer I had a few gulps of coffee and starting chewing up the muffin. It's been a while since I had food like this and it didn't taste good. After a cleanse of crap that idea that food that is good for you tastes like crap, et el, was soon reversed. Since I wasn't going to get any work done before I finished I decided to read the list of ingredients. It was like another language.

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So with a little help of Webcrawler (no more Google since they decided to help a certain government block access to searches about human rights) here is what I found. And, it isn't tasty.

List of ingredients (I kid you not):

Wheat & Malted Barley Flour (enriched with Niacin, Iron, Ascorbic Acid, Thiamine Mononitrate, Riboflavin & Folic Acid), Sugar, eggs, Canola Oil, Chocolate Chips (Sugar, Chocolate, Cocoa Butter, Butter Fat, Soy Lecithin, & Vanilla), Modified Food Starch, Soybean Oil, Whey, Leavening (Sodium Aluminum Phosphate, Aluminum Sulfate & Sodium Bicarbonate), Wheat Gluten, Salt, Propylene Glycol Monoesters, Mono & Diglycerides, Potassium Sorbate & Sodium Propionate, Natural & Artificial Flavors, Sodium Stearoyl Lactylate. I decided to go after the words in italics, especially the "bates."

Thiamine Mononitrate – Sounds weird, here's what I found out: hiamine or thiamin, also known as [vitamin 1](#), is a colorless [compound](#) with [chemical formula](#) $C_{12}H_{17}N_4O_6S$. It is [soluble](#) in [water](#) and insoluble in [alcohol](#). Thiamine decomposes if heated. Thiamine was first discovered by [Umetaro Suzuki](#) in [Japan](#) [rice](#) [bran](#) cured patients of [Beriberi](#). He named it aberic acid. Okay, not bad. B when researching how

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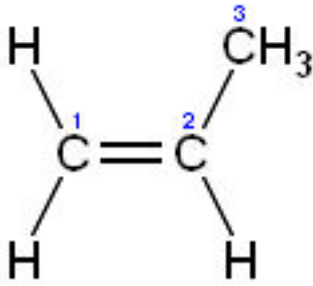


aluminum sulfate is a common household item. It is used for a variety of purposes, including as a fertilizer for acid-loving plants, as a pH adjuster in swimming pools, and as a fire retardant. It is also used in the food industry as a leavening agent in baking powder and as a preservative in canned foods.

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When a child doctor writes a child's medical history, it is important to ask the child's parents about the child's diet. The child's diet can have a big impact on the child's health. The child's diet can also be a good indicator of the child's overall health.



Consider the structure of propene. The structure shows a double bond between two carbon atoms. The carbon atom on the left is bonded to two hydrogen atoms. The carbon atom on the right is bonded to one hydrogen atom and one methyl group. The methyl group is labeled with a blue '3'.