



Fact File

My guidance for attempting to break the world record for the Fastest time to eat a muffin (no hands)

If you've always wanted to eat like a true pig on video, this might be your chance! I knew there was a risk of choking, but do you think that stopped me – never. Food is good, and I like it best when it gets me world records.

To start, gear up for a few rules, such as:

- keep the muffin in the paper.
- put your hands behind your back.

Think carefully before attempting this because you wouldn't want to choke. If you think you can beat me, try it. Good luck, I say.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.