

# BOREI MINEI MEZONOT: GENERAL RULES

## Introduction to Borei Minei Mezonot

Say the fore-blessing *borei minei mezonot* on non-bread foods if:

- Grain  
The *Five Grains* (wheat, rye, oats, barley, or spelt) make up at least 20% of the food's flour volume,  
AND
- Cooking Method  
Food is cooked or baked, AND
- Meal or Snack  
You intend to eat the food as a snack and not a meal.

**NOTE** If you intend to eat a full meal that includes *mezonot* of a cake-like or bread-like texture, say *ha'motzi*.

For basing the fore-blessing on the main or preferential ingredient in a food mixture and/or saying two fore-blessings, see [Fore-Blessings \(\*Bracha Rishona\*\): Food Mixtures: Main Ingredient](#) and [Introduction to Food Fore-Blessings \(\*Bracha Rishona\*\): The Five Grains](#).