HAMOTZI: WHICH FOODS GET HAMOTZI

HaMotzi on Bread Made of the Five Grains

Wash the <u>One-Time Method</u> and say <u>ha'motzi</u> on bread made of the <u>Five Grains</u> (wheat, rye, oats, barley, or spelt), even if you will not eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes.

- NOTE Say the blessing <u>al netilat yadayim</u> on washing hands ONLY if you will eat at least 1.9. fl. oz. (56 ml) of bread within four minutes.
- NOTE If you eat less than 1.3 fl. oz. of bread of the <u>Five Grains</u>, do not say <u>birkat ha'mazon</u> or any other after-blessing.

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