HaMotzi on Bread Made of the Five Grains

Wash the *One-Time Method* and say *ha'motzi* on bread made of the *Five Grains* (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 *al netilat yadayim* 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 *Five Grains*, do not say *birkat ha'mazon* or any other after-blessing.

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