Fore-Blessing: Sprouted Wheat Bread

For the fore-blessing on sprouted wheat bread, say:

- *Ha'motzi* if the grains are more like wheat grains than sprouts.

  NOTE If the sprout still has any part of the original grain, excluding the husk, it is still considered to be grain and the fore-blessing is *ha'motzi*.

- *She'hakol* if the grains were sprouted in water without soil.

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