Eating Enough Mezonot To Say Birkat HaMazon

Say *birkat ha'mazon* after eating *mezonot* if it constituted a meal—that is, if you ate:

- The amount a person would eat for his/her dinner meal, OR
- *Mezonot* in addition to other foods that are normally eaten with bread in a quantity sufficient to be a normal dinner meal.

NOTE In either case, you must eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of *mezonot* made of the *Five Grains* within four minutes.

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