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.

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