Fore-Blessing: Which Grains: Non-Five Grains: In Whole or In Part

Say the fore-blessing *borei pri ha'adama* (not *borei minei mezonot*) on cooked or baked foods:

- If the *Five Grains* make up less than 20\% of the food's flour volume, OR
- If made of non-*Five Grains*, such as corn, millet, or quinoa.

NOTE Rice is an exception; see next entry.

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