

# FORE-BLESSING: RAW OR COOKED GRAINS

## Fore-Blessing: Raw or Cooked Grains: Porridge/Oatmeal

If oatmeal is porridge, say borei minei mezonot (after-blessing, al ha'michya).

## Fore-Blessing: Raw or Cooked Grains: Rolled Oats/Muesli

If rolled oats are eaten without cooking (such as in raw muesli), say *borei pri ha'adama* (after-blessing, borei nefashot).

## Fore-Blessing: Raw or Cooked Grains: Granola

On granola, since it is cooked (baked), say borei minei mezonot (after-blessing, al ha'michya).

## Fore-Blessing: Raw or Cooked Grains: Granola Bars

On granola bars, say borei minei mezonot (after-blessing, al ha'michya).