

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.