AL HAMICHYA: DOUBT

Al HaMichya: Doubt If You Said

Don't say al ha'michya after eating mezonot if you are not certain whether you said it or not.

Al HaMichya: Doubt If 72 Minutes Have Passed

SITUATION You ate some *mezonot*. It might be more than 72 minutes since you finished eating but you are

not certain.

WHAT TO DO Doubt about a blessing (safek bracha) does not get a blessing.

NOTE You may not eat one of the <u>Five Special Fruits</u> in order to say the after-blessing of <u>al ha'eitz</u>

and include <u>al ha'michya</u>. You could eat fruit and say the <u>al ha'eitz</u> blessing, but you may not

include *mezonot* food in the blessing by adding *al ha'michya*.

© Copyright 2025 Richard B. Aiken | www.practicalhalacha.com