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 *Five Special Fruits* in order to say the after-blessing of *al ha'eitz* and include *al ha'michya.* You could eat fruit and say the *al ha'eitz* blessing, but you may not include *mezonot* food in the blessing by adding *al ha'michya.*

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