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).*

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