

# HaMotzi on Bread Made of the Five Grains

Wash the One-Time Method and say ha'motzi on bread made of the Five Grains (wheat, rye, oats, barley, or spelt), even if you will not eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes.

**NOTE** Say the blessing al netilat yadayim on washing hands ONLY if you will eat at least 1.9. fl. oz. (56 ml) of bread within four minutes.

**NOTE** If you eat less than 1.3 fl. oz. of bread of the Five Grains, do not say birkat ha'mazon or any other after-blessing.