

# 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.