

8. משנה ברורה סימן ר"ס"ק א

1. תלמוד בבלי מסכת ברכות דף לז.

(א) האוכל - כל האוכלין **מצטרפין** לכזית לברך עליהן ברכה אחרונה הראויה להן אם משבעת המינים ברכה מעין ג' אם שלא מזיי"ן מינים לענין בנ"ר. אכל חצי זית משבעת המינים וחצי זית אחר מברך אחריו בורא נ"ר...

הכוסס את החטה מברך עליה בורא פרי האדמה; טחנה אפאה ובשלה... בתחלה מברך עליה בורא מיני מזונות ולבסוף מברך עליה ברכה אחת מעין שלש...

One who chews wheat recites: Who creates fruit of the ground. However, if he ground the wheat, baked it, and cooked... then at the start one recites: **Who creates the various kinds of nourishment, and at the end one recites one blessing abridged from the three blessings of Grace after Meals.**

9. Rav Eli Gersten of the OU:

... Nevertheless, Rabbi Belsky and Rabbi Schachter have said that the proper beracha *rishona* to be recited when eating a granola bar is *Borei Pri Haodoma*... Whether one recites *Haodoma* or *Mezonos* either way one would be *yotzai bidieved*. The disagreement is as to which beracha should be recited *lichatchila*. The *Shulchan Aruch* ... Tosfos was uncertain... eat these foods... in the context of a meal. This way it will be covered by *Birchas Hamazon*... Accordingly, if one wishes eat a granola bar, one should first wash *nitilas yadayim*, eat a slice of bread, and then eat the granola bar. Don't forget to bentch at the end. This sounds like a long way to have to go to enjoy a quick snack. Perhaps there is an easier solution. If one eats an amount equal to the volume of a zayis (an olive), *toch kdai achilas pras* (in the time it takes to eat 8 kezaisim) then one is required to say a *beracha achrona*. If one eats slower than this pace, then one does not recite any *beracha achrona*. What if one eats more than a kezayis of a granola bar *bichdei achilas pras* but eats less than a kezayis of oats. The *Mishna Berura (Orach Chaim 210:1)* says that in such a scenario the oats would combine with the other ingredients to obligate one in the *beracha achrona* of *Borei Nifashos*, and he would not be obligated in any other *beracha achrona*. We thus avoid the uncertainty of Tosfos... Now all we must do is measure how many kezaysim of oats are in a granola bar, and make sure to eat less than a kezayis of them in a *kdei achilas pras*. The amount of oats by weight in a Nature Valley granola bar is about 50%. The serving size is 2 bars, which is 42g. This means that one serving contains 21g of oats... For halachic purposes we must convert from weight into volume... Thus one granola bar would contain 17.25 cc of oats... Rabbi Belsky and Rabbi Schachter both agreed that in this situation we could be lenient and accept the larger size kezayis for evaluating our granola bar. According to Rav Chaim Naeh this larger kezayis equals 27 cc. Converting back into granola bar units at 17.25 cc of oats per bar, this is slightly more than 1½ **Nature Valley granola bars**. Based on the above as long as one consumes less than 1½ granola bars every *kdei achilas pras*, one has avoided the safek of Tosfos. How long is *kdei achilas pras*? Rabbi Schachter explained that each food is evaluated according to the normal length of time it takes to eat 8 kezaysim of that product. Rabbi Schachter approximated that it would take an average person about 2 minutes to consume 8 kezaysim of granola bar. Rav Belsky was uncertain but said it would certainly be less than 5 minutes. In conclusion, if a person consumed 2 granola bars in less than 2 minutes, he has no choice but to recite a *Borei Nifashos*. Ideally though, one should either plan to eat less than 1½ Nature Valley granola bars every 2-5 minutes and then recite a *Borei Nifashos*, plan on eating lots of bread.

2. תוספות מסכת ברכות דף לז. ד"ה הכוסס

ומיהו בלאחריו יש לספק מאי מברכין אם מברכין על המחיה ועל הכלכלה ומסיים על האדמה ועל פרי האדמה דלא אשכחן ברכת על המחיה ועל הכלכלה אלא היכא דברך עלייהו ברישא קודם אכילה בורא מיני מזונות ור"ת הגיה במחזור שלו על האדמה ועל פרי האדמה כו' וחזר בו **דלא אשכחן בשום מקום** הך ברכה... ונכון להחמיר שאין לאכול קליות או חטים שלוקות אלא בתוך הסעודה שאז ברכת המזון פוטרתן...

3. Rav Dovid Heber of the Star-K:

Special *halachic* status has been given to products coming from *chameishes minei dagan*, the five special grains: wheat, spelt, barley, oats, and rye. When these grains are ground up, mixed with water, and baked into cake, cookies, crackers and other *pas haba'ah b'kisnin* products, the *brocha* is *Mezonos* and the *brocha achrona* is *Al Hamichya*... [This is when] the *chameishes minei dagan* is broken down. However, if the grains remain whole and are simply roasted, they are no different from any other variety of produce which grows from the ground (e.g., corn), and the *brocha* is *Hoadama*. What this means is as follows: The *brocha* on unprocessed and slightly processed (e.g., toasted whole) wheat or oats is *Hoadama*. The *brocha* on fully processed wheat and oats (e.g., flour and water that is baked) is *Mezonos*. The question the *poskim* address is — at what point are the wheat and oats considered processed enough to recite a *Mezonos*?

4. משנה ברורה סימן רח ס"ק ג

... אם נתמעכו ע"י הבישול אף שמתחלה נתנן בקדרה שלמים לגמרי דהיינו כשהם בקליפתן מ"מ מברך במ"מ כיון שנתמעכו יפה:

5. Rav Dovid Heber of the Star-K:

Rav Heinemann is of the opinion that **General Mills Nature Valley Granola Bars** and **Quaker Granola Bars** are processed enough to make their *brocha rishona* a *Mezonos*. If one eats only two bars in 4 minutes then the *brocha achrona* is *borai nefashos* as there is less than a kezayis of *chameishes minei dagan* but in total there is a kezayis (half *chameishes minei dagan* and half non- *chameishes minei dagan*).

6. שולחן ערוך או"ח הלכות ברכת הפירות סימן רח סעיף ד

אכל דגן חי או עשוי קליות או שלוק והגרעינים שלמים, אינו מברך אלא בורא פרי האדמה ולאחריו בורא נפשות... והתוספות נסתפקו אם יברך לאחריו ברכה מעין שלש, ולכך כתבו שנכון שלא לאכול אלא בתוך הסעודה ויפטרנו ברכת המזון.

7. ערוך השולחן אורח חיים סימן רח סעיף ט

... ואם אירע שאכלם לבדם יברך בורא נפשות דכן הוא דעת רוב הפוסקים...