

Brachos on Cereals

KBAP = kezayis b'chdei achilas pras

Cereal Name	Cereal Brand	Rav Belsky ראשונה	Rav Belsky אחרונה
Basic 4	General Mills	Mezonos	Al Hamichya
Cascadian Farms Honey Nut O's	General Mills	Mezonos	Al Hamichya
Cheerios,	General Mills	Mezonos	Al Hamichyah
Cheerios - Banana Nut	General Mills	Shehakol	Borei Nefashos
Cheerios – Berry Burst	General Mills	Mezonos	Al Hamichyah
Cheerios - Chocolate	General Mills	Shehakol	Borei Nefashos
Cheerios – Cinnamon Burst	General Mills	Shehakol	Borei Nefashos
Cheerios - Frosted	General Mills	Mezonos	Al Hamichyah
Cheerios-Fruity	General Mills	Shehakol	Borei Nefashos
Cheerios-Multi Grain	General Mills	Mezonos	Al Hamichyah (Approximately 50% five grains and 50% corn and rice)
Cheerios – Oat Cluster Crunch	General Mills	Mezonos	Al Hamichyah
Cheerios – Yogurt Burst	General Mills	Mezonos	Al Hamichyah
Chex - Chocolate	General Mills	Mezonos	Borei Nefashos
Chex - Cinnamon	General Mills	Mezonos	Borei Nefashos
Chex - Corn	General Mills	Shehakol	Borei Nefashos
Chex – Honey Nut	General Mills	Shehakol	Borei Nefashos
Chex – Multi Bran	General Mills	Shehakol	Borei Nefashos

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Chex -Rice	General Mills	Mezonos	Borei Nefashos
Chex – Strawberry	General Mills	Mezonos	Borei Nefashos
Chex – Wheat	General Mills	Mezonos	Al Hamichyah
Cinnamon Grahams	General Mills	Mezonos	Check if KBAP
Cinnamon Toast Crunch, all	General Mills	Mezonos	Al Hamichyah
Clusters	General Mills	Mezonos	Al Hamichya
Cocoa Puffs	General Mills	Shehakol	Borei Nefashos
Cookie Crisp	General Mills	Shehakol	Borei Nefashos
Cookie Crisp - Sprinkles	General Mills	Shehakol	Borei Nefashos
Country Corn Flakes	General Mills	Shehakol	Borei Nefashos
Dora the Explorer	General Mills	Shehakol	Borei Nefashos
Fiber One	General Mills	Mezonos	Al Hamichya
Fiber One – Caramel Delight	General Mills	Mezonos	Al Hamichya
Fiber One – Harvest Clusters	General Mills	Mezonos	Al Hamichya
Fiber One – Honey Clusters	General Mills	Mezonos	Al Hamichya
Fiber One – Peach Clusters	General Mills	Mezonos	Al Hamichya
Fiber One – Raisin Bran Clusters	General Mills	Mezonos	Al Hamichya
French Toast Crunch	General Mills	Shehakol	Borei Nefashos
Golden Grahams	General Mills	Mezonos	Check if KBAP

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Honey Nut Clusters	General Mills	Mezonos	Al Hamichya
Kix	General Mills	Shekahol	Borei Nefashos
Kix – Berry Berry	General Mills	Shekahol	Borei Nefashos
Kix - Honey	General Mills	Shekahol	Borei Nefashos
Nesquik	General Mills	Shehakol	Borei Nefashos
Oatmeal Crisp, all	General Mills	Mezonos	Al Hamichya
Raisin Nut Bran	General Mills	Mezonos	Mezonos
Reese’s Peanut Butter Puffs	General Mills	Shehakol	Borei Nefashos
Total	General Mills	Mezonos	Mezonos
Total – Blueberry Pomegranate	General Mills	Mezonos	Al Hamichya
Total – Cinnamon Crunch	General Mills	Mezonos	Al Hamichya
Total, Corn Flakes	General Mills	Shehakol	Borei Nefashos
Total – Cranberry Crunch	General Mills	Mezonos	Al Hamichya
Total – Honey Clusters	General Mills	Mezonos	Al Hamichya
Total – Plus Omega 3	General Mills	Mezonos	Al Hamichya
Total, Raisin Bran	General Mills	Mezonos	Al Hamichya
Total – Whole grain	General Mills	Mezonos	Al Hamichya
Trix, all	General Mills	Shehakol	Borei Nefashos
Wheaties	General Mills	Mezonos	Al Hamichya
Wheaties Energy Crunch	General Mills	Mezonos	Al Hamichya

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Wheaties, Honey Frosted	General Mills	Mezonos	Al Hamichya
Wheaties, Frosted	General Mills	Mezonos	Al Hamichya
Wheaties, Fuel	General Mills	Mezonos	Al Hamichya
Wheaties Raisin Bran	General Mills	Mezonos	Al Hamichya