

בית הוראה דעתראיט
BAIS HORAAH OF DETROIT
HALACHA HOTLINE

UNDER THE AUSPICES OF **HaRav Shmuel Irons** שליט"א VAAD HALACHA **Rav Aharon Yoel Sorscher** • **Rav Yissachar Wolf** • **Rav Boruch Miller**

KITCHEN • SHABBOS • YOM TOV • BRACHOS • AVEILUS • TAHARAS HAMISHPACHA • EVERYDAY SHAILOS

ISSUE #35 –Smoothies & Acai FAQs

Below are some common questions and answers based on psakim from the rabbonim of the Bais Horaah. Please note: in the event one believes they have heard a different opinion in the past, one's family posek should always be consulted. Mareh mekomos for any specific answers below are available by email request to ask@bhdetroit.org.

• What's the bracha rishona on a smoothie?

- If the smoothie contains recognizable pieces of fruit, the bracha follows those pieces—ha'adama or ha'eitz, depending on the type of fruit. For example, recognizable strawberry pieces make the bracha ha'adama, while recognizable blueberry pieces make it ha'eitz. If there are no recognizable pieces of fruit, the bracha is shehakol.

• Do fruit toppings change the bracha?

- If the smoothie is liquidy and the topping is made from the same fruit, a bracha is made on the topping (ha'eitz or ha'adama, as appropriate), and it covers the smoothie as well.
- If the topping has a different bracha than the smoothie itself, a separate bracha is made on the topping—unless only a very small amount is added for crunch.

• Is a bracha achrona made on a smoothie?

- For a liquidy smoothie, a bracha achrona is made only if at least 3 ounces are consumed within 15 seconds.
- For a thicker smoothie that must be eaten with a spoon, a bracha achrona is made only if at least 1 ounce is eaten within 4 minutes.

• Is packaged frozen fruit without hashgocha acceptable to use for a smoothie?

- If the frozen fruit contains no other ingredients and is not from China or Israel, it is generally acceptable, unless it is a fruit with an insect concern. For specific fruits and varieties (such as organic vs. non-organic), a reliable kashrus agency must be consulted.

• Can we assume oat milk or almond milk with an OU-D symbol is Dairy Equipment (DE)?

- No. The only way to determine whether an OU-D product is Dairy Equipment (DE) or actual dairy is by contacting the OU (212-613-8241). Ingredient panels and allergy information are not sufficient to make this determination, as some products may appear pareve but are actually dairy.
- If a product is confirmed to be DE, it may be consumed after eating meat, but it may not be used together with meat. For example, DE oat milk may be used after a meat meal but may not be used in a meat recipe.

• If grape juice is added, does the bracha change?

- If a significant amount of grape juice is added, the bracha changes to hagafen. Since it can be difficult to determine the exact amount needed, it is advisable to add enough grape juice so that the bracha is clearly hagafen.

• If the ingredients are pareve but the blender is dairy, does the smoothie become dairy?

- Generally, no. As long as the blender is cleaned well and the ingredients are cold, the smoothie remains pareve. However, if the smoothie contains a sharp ingredient in an unusually large amount, such as a significant amount of lemon, it would be considered dairy.

• Can I make a milchig smoothie in a pareve blender?

- Yes, but to keep the blender pareve, the following conditions must be met:
 - All the ingredients must be cold.
 - The liquid may not remain in the blender for 24 consecutive hours.
 - The blender must be washed thoroughly in **cold** water with soap.
- This should only be done occasionally, since it is easy to make mistakes and inadvertently make the blender milchig.
- If a mistake does occur, a Halachic Authority should be consulted to determine whether the blender can be kashered.

• What is the bracha rishona on acai?

- The beracha on pureed acai is Shehakol due to several reasons.

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- **Do toppings added to an acai bowl require their own bracha?**
 - Generally, a separate bracha is made on the topping. However, if the topping is added only to enhance the flavor of the acai, no additional bracha is made.
- **What is the bracha on granola?**
 - If the granola contains only toasted oats, the correct bracha is ha'adama. If it consists of broken pieces of oats baked with a significant amount of liquid to bind them together, the bracha is mezonos.
- **Can fresh or frozen mint, kale or spinach be added to a smoothie?**
 - These are high-infestation items and may not be used without consulting a reliable Kashrus Agency for current guidance on each type of produce. The guidelines can change based on the season and other factors, so one must stay up to date on the proper methods for each item. Simply checking them on a light box is not sufficient.
- **I washed for bread and am having acai for dessert. Do I make a bracha on the acai?**
 - No bracha is made on the acai base, since it is liquidy. However, a bracha rishona is made on the fresh fruit, as fresh fruit eaten for dessert is not covered by Hamotzi.
 - In all cases, no separate bracha achrona is made, as it is covered by Birkas Hamazon.
- **I'm having a smoothie for dessert at a bread meal, is a sperate bracha made?**
 - If the smoothie is fully liquefied, no separate bracha is made, since drinks served during a bread meal are generally covered by Hamotzi. However, a smoothie made with a significant amount of grape juice requires its own bracha, since grape juice (like wine) is not covered by Hamotzi.
- **If I take the smoothie into the backyard do I make a new bracha?**
 - If you began drinking the smoothie in the house and then moved to the backyard, or vice versa, no new bracha is required, provided the yard is fenced in and it is normal for you to move between the house and the yard.
- **I made a bracha at home. Do I need to make a new bracha in the car?**
 - Yes, unless you were already on your way out when you made the bracha.
 - If you were on your way out when the bracha was made, the bracha remains valid throughout the trip and at your destination, provided you drink at least once every 72 minutes.
- **I started drinking in the car and then arrived at work. Do I need to make a new bracha?**
 - No. The bracha made in the car continues to apply after arriving at your destination.
- **Is it permitted to drink a smoothie in the street?**
 - Since the halacha of not eating in the street applies only to food and not to drinks, one may be lenient in a case of need.
- **Can I freeze a smoothie before Shabbos and defrost it on Shabbos?**
 - Yes, provided some cold liquid is added before allowing the frozen smoothie to thaw into a liquid.
- **May I purchase smoothies from a non-certified store that only uses fruit?**
 - No. This is not permitted for several reasons.
- **Does collagen powder need kosher certification?**
 - Yes. It must have reliable kosher certification.
- **May kosher-certified collagen be added to a dairy smoothie?**
 - Even though kosher collagen is often sourced from cow bones, it is halachically pareve and may be added to a dairy smoothie.

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The Halacha Hotline is available during the Three Weeks,
Nine Days, on Tisha B'Av and throughout the summer.

Call/Text: 248-923-1613
Email: ask@bhdetroit.org



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