

The Bitter Herbs

Contributed by [Elizabeth Spring](#)

Source:



Now take a kezayit (the volume of one olive) of the maror. Dip it into the charoset, but not so much that the bitter taste is neutralized. Recite the following blessing and then eat the maror (without reclining):

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל אֲכִילַת מָרוֹר.

Baruch atah Adonai Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al achilat maror.

Blessed are you, Lord our God, King of the universe, who has sanctified us through commandments, and has commanded us to eat the bitter herb.