

Multigrain Pancakes FOK

Swick

Serves 12 | Active Time: 15 minutes | Total Time: 35 minutes

Step 1: Making the Pancakes

- 1½ cups whole wheat pastry flour
- ¼ cup cornmeal or other whole-grain flour
- ¼ cup rolled oats
- 1 tbsp aluminum-free baking powder
- ½ tsp sea salt
- ¼ tsp ground cinnamon
- 1/8 tsp freshly grated nutmeg
- 1 ¾ cups non-dairy milk, unsweetened
- ½ cup unsweetened applesauce
- 2 tbsp pure maple syrup, plus more for serving, if desired
- 1 cup fresh blueberries, raspberries, or sliced strawberries, for serving
- apple butter, for serving (optional)

Preheat the oven to 200°F.

In a large bowl, whisk together the flour, cornmeal, oats, baking powder, salt, cinnamon, and nutmeg until well combined. Make a well in the center of the flour mixture and add the non-dairy milk, applesauce, and maple syrup. Gently fold the ingredients together just until incorporated. Do not overmix; the batter should be lumpy.

Heat a griddle or large nonstick pan over medium heat until a few droplets of water dropped in the pan jump and sizzle.

Spoon 1/3 cup batter for each pancake onto the pan until no more will fit. Cook 3 to 4 minutes until the edges look dry and the bottoms are crisp and lightly browned. Using a spatula, turn the pancakes over and cook for 2 to 3 minutes more. Transfer the pancakes to a heatproof platter and place in the oven to keep warm. Repeat with the remaining batter.

Serve the pancakes topped with fruit and a little maple syrup or apple butter.