

**1½ cups whole wheat pastry flour**

**¼ cup cornmeal or other whole-grain flour**

**¼ cup rolled oats**

**1 tablespoon aluminum-free baking powder**

**½ teaspoon sea salt**

**¼ teaspoon ground cinnamon**

**⅛ teaspoon freshly grated nutmeg**

**1¾ cups unsweetened, unflavored plant milk**

**½ cup unsweetened applesauce**

**2 tablespoons pure maple syrup, plus more for serving, if desired**

**1 cup fresh blueberries, raspberries, or sliced strawberries, for serving**

**Apple butter, for serving (optional)**

1. Preheat the oven to 200°F.
2. 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 plant milk, applesauce, and maple syrup. Gently fold the ingredients together just until incorporated. Do not overmix; the batter will be lumpy.
3. Heat a griddle or large nonstick pan over medium heat until a few droplets of water dropped in the pan jump and sizzle.
4. Spoon ⅓ 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.
5. Serve the pancakes topped with fruit and a little maple syrup or apple butter.