Teapigs Honeybush & Rooibos: A South African Duo

From the teas.co.uk wiki

> **Teapigs Honeybush & Rooibos, in summary:** The Teapigs honeybush-and-rooibos blend pairs honey-floral Cyclopia with sweet-nutty rooibos; an under-recognised South African duo.

Last reviewed by the teas.co.uk team in May 2026.

Teapigs Honeybush and Rooibos is the South African plant tea duo, both indigenous Cape herbs, both caffeine free, both naturally sweet. Honeybush adds richer flavour to the more familiar rooibos base. The result is one of the most pleasant caffeine free everyday teas. Particularly good for evening drinking, pregnant women, and rooibos curious drinkers wanting more depth.

What is honeybush?

Honeybush (Cyclopia genistoides and related species) is indigenous to South Africa's Western Cape, related to rooibos but distinct. The flavour is sweeter and more honey like than rooibos, hence the name.

Like rooibos, honeybush is:

- Caffeine free.
- Naturally sweet.
- Low in tannins (no astringency).
- Antioxidant rich.

Honeybush is less commercially developed than rooibos but is gaining recognition.

The blend

Teapigs Honeybush and Rooibos contains:

- Rooibos.
- Honeybush.
- Sometimes additional spices (cinnamon, cardamom).

The combination delivers richer, more nuanced flavour than rooibos alone.

How it tastes

- **Aroma:** Honey floral with rooibos earthiness.
- **First sip:** Naturally sweet (more so than rooibos alone).
- **Mid cup:** Honey like notes from honeybush; warmth from rooibos.
- **Finish:** Smooth, soft, lingering sweetness.
- **With milk:** Excellent, a richer, sweeter alternative to standard British tea with milk.

Curator Rating: 4.9/5.

How to brew

1. 1 temple bag in a mug.
2. 200ml just boiled water.
3. Cover the cup. Steep 5-7 minutes (longer extracts more depth, rooibos and honeybush don't over steep to bitterness).
4. Drink unsweetened. Optionally with splash of milk.

Iced version

1. 2 bags + 500ml cold water cold brewed 6 hours.
2. Strain. Drink chilled with ice.

Latte version

1. 1 bag + 200ml hot oat milk.
2. Steep 5 minutes.
3. Add maple syrup if desired.

Honeybush rooibos latte is one of the better caffeine free latte alternatives.

Why it works

No bitterness

Both rooibos and honeybush are low tannin. Can't over steep to bitterness, which is forgiving for casual brewers.

Naturally sweet

No sugar required. Useful for sugar managing drinkers.

Caffeine free

Suitable for any time, including bedtime, pregnancy, and caffeine sensitive drinkers.

Antioxidant load

Both plants contain useful antioxidants, aspalathin and nothofagin in rooibos; mangiferin in honeybush.

Use cases

Evening tea

Caffeine free + naturally sweet = perfect evening drink. Replaces black tea with milk in evening rituals without sleep disruption.

Pregnancy

Both are caffeine free. In pregnancy, the NHS advises no more than four cups of herbal tea a day; caffeine free does not mean every herbal blend is suitable, so ask your midwife if you are unsure.

Children

Mild flavour, no caffeine. We don't give age or dose advice for children; ask a pharmacist, health visitor or GP.

Caffeine reduction

For drinkers cutting caffeine, honeybush rooibos is a satisfying replacement.

Hot weather **hydration**

Cold brewed for summer. Naturally sweet without sugar.

Latte alternative

Caffeine free latte option for evening or pregnancy.

Compared to similar products

vs pure rooibos

Pure rooibos is more austere; honeybush adds sweetness and floral complexity.

vs Pukka Three **Chamomile**

Different flavour profile entirely. Chamomile is floral sweet; honeybush rooibos is honey earthy.

vs evening black tea + milk

This is the caffeine free version of "tea with milk" comfort. Doesn't replicate exactly but achieves similar comfort.

vs Yogi Honey **Lavender**

Yogi adds lavender; Teapigs is purer rooibos honeybush.

Caffeine

0mg.

Vegan

Yes, both plants are caffeine free indigenous herbs.

Pregnancy

In pregnancy, the NHS advises no more than four cups of herbal tea a day and avoiding teas containing liquorice root; caffeine free does not mean every herbal blend is suitable, so ask your midwife or pharmacist if you are unsure.

Pairings

- Honey buttered scones.
- Shortbread.
- Cinnamon biscuits.
- Fruit cake.
- Honey on toast.
- Banana bread.
- Caramel desserts.

Pricing

Premium tier, typically 30-40p per bag.

Buying

Available at Waitrose, Whole Foods, online specialty retailers. Use /buy/teapigs honeybush rooibos/.

Pack sizes

- 15-bag (trial)
- 50-bag (regular)

Storage

Airtight tin or original packaging. Use within 12-18 months. Both rooibos and honeybush are relatively stable.

Who it's for

- Caffeine cutting drinkers.
- Pregnant women.
- Bedtime tea drinkers.
- Sugar managing drinkers.
- South African heritage drinkers.
- Children.

- Latte alternative seekers.

FAQ

What's honeybush? South African indigenous plant similar to rooibos with sweeter, more honey like flavour.

Caffeine? 0mg.

Pregnancy? The NHS advises no more than four cups of herbal tea a day in pregnancy and avoiding teas containing liquorice root. Ask your midwife or pharmacist if unsure.

Vegan? Yes.

How long to steep? 5-7 minutes, won't over steep to bitterness.

Curator's note: Teapigs Honeybush and Rooibos is one of the better caffeine free daily teas, naturally sweet, no bitterness, suitable for any time. The honeybush adds richness over standard rooibos. Worth trying for evening drinking. Lee, teas.co.uk, Tunbridge Wells.

The essentials: Teapigs honeybush and rooibos

Aspect	The note
Product	Honeybush-and-rooibos blend in Teapigs temple-bag format
Brand	Teapigs, UK whole-leaf premium specialist
Honeybush	Cyclopia genistoides; rooibos relative; sweeter, more honey-floral
Rooibos	Aspalathus linearis; the sweet-nutty base
Caffeine	Zero
Format	Temple bag (whole-leaf pyramid); not crushed CTC dust
Buying signal	Whole-leaf temple-bag, the quality marker
Use case	Sweet caffeine-free comfort cup; for evening or post-meal

Sensible options on the same shelf: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. For more, the full tea shop ships free across the UK over £35.

FROM THE CURATOR

teas · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

Rooibos & honeybush reading

Continue with rooibos tea, honeybush tea, Teapigs, Dragonfly pure rooibos, caffeine-free tea and herbal tea.

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- Green tea

- Black tea
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