Teapigs Rooibos Crème Caramel: A Dessert in a Cup

From the teas.co.uk wiki

> **Teapigs Rooibos Creme Caramel, in summary:** Teapigs rooibos creme caramel combines rooibos with real caramel, cocoa nibs and vanilla in whole-leaf temple-bag format.

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

Teapigs Rooibos Crème Caramel is the brand's dessert flavoured rooibos, sweet caramel character, naturally caffeine free, calorie zero. Tastes like crème brûlée in a cup. Excellent as evening dessert tea, sugar craving fix, or after dinner alternative to actual dessert. The naturally sweet rooibos base + caramel notes = genuinely indulgent without sugar.

The blend

Teapigs Rooibos Crème Caramel contains:

- Rooibos base.
- Natural caramel flavouring.
- Sometimes additional spice or vanilla notes.

How it tastes

- **Aroma:** Sweet caramel + rooibos earthiness.
- **First sip:** Sweet without sugar; caramel toffee character.
- **Mid cup:** Rooibos warmth emerges.
- **Finish:** Long sweetness; vanilla caramel undertones.
- **With milk:** Excellent, becomes truly dessert like.

Curator Rating: 4.9/5.

How to brew

Standard hot brew

1. 1 temple bag in a mug.

2. 200ml just boiled water.
3. Steep 5-7 minutes (rooibos won't over steep to bitterness).
4. Drink black or with splash of milk.

Dessert latte version

1. 1 bag + 200ml hot oat milk.
2. Steep 5 minutes.
3. Optional: 1 tsp maple syrup.
4. Drink as evening dessert.

Iced version

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

Why it works as dessert tea

Calorie zero indulgence

Pure rooibos has near zero calories. With splash of milk maybe 20-30 calories. Versus actual crème brûlée (300-400 calories), this is a 90%+ calorie reduction with similar dessert character.

Caffeine free

Suitable for late evening drinking. Won't disrupt sleep.

Naturally sweet rooibos

Rooibos is naturally sweet (no sugar required). The caramel addition amplifies this.

Sweet craving displacement

Useful for sugar managing drinkers. The dessert character satisfies cravings.

Use cases

After dinner dessert tea

The flagship use. Replaces actual dessert.

Late evening drink

Caffeine free, comforting. Perfect for the post-9pm cup.

Sugar craving management

Sweet flavour without sugar. Useful for diet management.

Evening latte alternative

The caffeine free dessert latte option.

Pregnancy dessert

Caffeine free, sugar free, comforting. Pregnancy friendly.

Christmas / festive entertaining

Sweet character feels festive. Good after Christmas dinner.

Compared to similar products

vs pure rooibos

Pure rooibos is more austere. Crème Caramel adds dessert character.

vs Teapigs Spiced Winter Red

Spiced Winter Red is rooibos + chai spices. Crème Caramel is rooibos + caramel/vanilla. Different evening flavour profiles.

vs hot chocolate

Hot chocolate is 200-400 calories. Crème Caramel is near zero.

vs vanilla rooibos

Vanilla rooibos is similar concept; Crème Caramel adds caramel toffee character.

Caffeine

0mg.

Vegan

Yes, rooibos and natural flavouring, plant based. Use plant milk for vegan dessert latte.

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. Caffeine free; suitable for any trimester.

Pairings

- Caramel desserts (matches the character).
- Apple pie or apple crumble.
- Vanilla shortbread.
- Banana bread.
- Toffee biscuits.

- Plain digestives (the classic British pairing).

Pricing

Premium tier, typically 30-40p per bag.

Buying

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

Pack sizes

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

Storage

Airtight tin or original packaging. Use within 12-18 months. Rooibos is stable; flavour additives may fade slightly with time.

Who it's for

- Sugar managing dessert lovers.
- Late evening drinkers.
- Pregnant women wanting dessert character.
- Caffeine cutting drinkers.
- Diet conscious tea drinkers.
- Children: ask a pharmacist, health visitor or GP first

Limited edition status

Sometimes seasonal. Check current Teapigs range.

FAQ

Calories? Near zero. With splash of milk 20-30.

Caffeine? 0mg.

Vegan? Yes.

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.

Sugar? Not added. Naturally sweet from rooibos and flavour.

Curator's note: Teapigs Rooibos Crème Caramel is one of the better dessert replacement teas, sweet, comforting, calorie zero, caffeine free. Excellent for the post dinner cup or sugar craving moments. Lee, teas.co.uk, Tunbridge Wells.

In short: Teapigs rooibos creme caramel

Aspect	The note
Product	Rooibos base with caramel pieces, cocoa, vanilla; dessert-cup blend
Brand	Teapigs, UK whole-leaf premium specialist
Format	Temple bag (whole-leaf pyramid)
Caffeine	Zero
Taste	Rich caramel, dark cocoa undertone, gentle rooibos sweetness
Use case	Post-dinner dessert replacement; sweet-treat substitute
Pricing	£4-£5 per 15-bag temple-bag pack
Smart tip	Add a splash of oat milk for the full latte-style dessert experience

FROM THE CURATOR

teas · A small reliable stash beats a big curious one. Cycle two or three teas you genuinely enjoy.

Rooibos & dessert tea reading

Continue with rooibos tea, Teapigs, Dragonfly vanilla rooibos, caffeine-free tea, dessert tea and Teapigs honeybush and rooibos.

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