Teapigs Sweet Ginger: Pure Ginger Without the Burn

From the teas.co.uk wiki

> **Teapigs Sweet Ginger, in summary:** Teapigs Sweet Ginger softens single-source ginger with apple and blackberry leaves for a gentler cup without the pepper heat.

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

Teapigs Sweet Ginger is the brand's gentler ginger blend, pure ginger without the heat intense character of triple ginger or strong ginger blends. Naturally sweet from concentrated ginger essence, suitable for ginger lovers who want flavour without the burn. Excellent for nausea, mild winter warming, and as a daily ginger habit without overwhelming spice.

The blend

Teapigs Sweet Ginger contains:

- Ginger pieces (the dominant ingredient).
- Sometimes apple or pear pieces for natural sweetness.
- Sometimes lemongrass for citrus support.

How it tastes

- **Aroma:** Sweet ginger with mild citrus.
- **First sip:** Naturally sweet (from fruit + ginger sweetness).
- **Mid cup:** Ginger character emerges; warming but gentler than triple ginger blends.
- **Finish:** Long warming sweetness; less sharp than other ginger teas.

Curator Rating: 4.9/5.

The "sweet" element

Standard ginger teas can be intensely heat spicy, uncomfortable for some drinkers. Teapigs Sweet Ginger uses:

- Lower heat ginger varieties or younger ginger root.
- Supporting fruit (apple, pear) for natural sweetness.

- Balanced extraction.

The result is ginger flavour without the throat burn that triple ginger or strong ginger blends produce.

How to brew

Standard hot brew

1. 1 temple bag in a mug.
2. 200ml just boiled water.
3. Cover. Steep 5-7 minutes.
4. Drink unsweetened (the fruit provides sweetness).

Iced version

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

Hot honey and lemon version

1. 1 bag + 200ml hot water.
2. Add 1 tsp honey + lemon slice.
3. Steep 5 minutes.

Why it works

Gentler than triple ginger

For drinkers who find Pukka Three Ginger or strong ginger teas too harsh, Sweet Ginger delivers the flavour without intensity.

Natural sweetness

No sugar required.

Daily friendly

Mild enough for daily drinking without throat irritation.

Children: ask a pharmacist, health visitor or GP first

We don't give age or dose advice for children; ask a pharmacist, health visitor or GP. Stronger ginger blends can be too much for children.

Use cases

Mild nausea

Ginger is genuinely anti nauseating. Sweet Ginger delivers the benefit without the harsh heat.

Pregnancy nausea

The NHS says there's some evidence ginger may help reduce nausea and vomiting in pregnancy (check with your pharmacist before taking ginger supplements), and it advises no more than four cups of herbal tea a day. Sweet Ginger is mild enough for pregnant women uncomfortable with stronger ginger.

Travel sickness

Drink 30 minutes before journey.

Daily warming drink

For drinkers who like ginger flavour daily but find triple ginger too intense.

Cold and flu lighter option

When you want ginger comfort without the strong heat.

Iced summer drink

Sweet Ginger cold brewed is naturally sweet and refreshing.

Children's mild ginger introduction

We don't give age or dose advice for children; ask a pharmacist, health visitor or GP.

Compared to other UK ginger teas

vs Teapigs Ginger and Manuka Honey (currently unavailable)

Ginger and Manuka Honey adds honey character. Sweet Ginger is purer ginger without honey.

vs Pukka Three Ginger

Pukka Three Ginger is intense, triple ginger species. Teapigs Sweet Ginger is much gentler.

vs Twinings Lemon & Ginger

Twinings is mainstream lemon led blend. Teapigs is ginger led with mild citrus.

vs fresh ginger root tea

Fresh ginger root brewed at home is most aromatic and adjustable. Teapigs is the convenient bag form.

Caffeine

0mg.

Vegan

Yes, ginger + fruit, plant based.

Pregnancy

The NHS says there's some evidence ginger may help reduce nausea and vomiting in pregnancy (check with your pharmacist before taking ginger supplements), and it advises no more than four cups of herbal tea a day. Sweet Ginger is mild enough for sensitive pregnant women.

Pairings

- Gingerbread (matches the character).
- Apple or pear desserts.
- Spiced biscuits (ginger nuts, ginger snaps).
- Carrot cake.
- Asian cuisine (Thai, Vietnamese).
- Fresh fruit.
- Plain biscuits.

Pricing

Premium tier, typically 30-40p per bag.

Buying

Available at Waitrose, Whole Foods, online specialty retailers. Use /buy/teapigs sweet ginger/ (currently unavailable).

Pack sizes

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

Storage

Airtight tin or original packaging. Use within 12 months.

Who it's for

- Pregnant women with morning sickness.
- Travel sickness sufferers.
- Drinkers who find triple ginger too harsh.
- Children (mild ginger introduction).
- Daily ginger habit drinkers.
- Cold and flu lighter tea seekers.

FAQ

Caffeine? 0mg.

Vegan? Yes.

Pregnancy? The NHS says there's some evidence ginger may help reduce nausea and vomiting in pregnancy (check with your pharmacist before taking ginger supplements), and it advises no more than four cups of herbal tea a day.

Children? We don't give age or dose advice for children; ask a pharmacist, health visitor or GP.

Stronger options? Pukka Three Ginger or Teapigs Ginger Manuka Honey.

Curator's note: Teapigs Sweet Ginger is the gentler ginger option, flavour without the harsh heat. Excellent for pregnancy nausea, daily drinking, and children. The under rated entry in the ginger tea category. Lee, teas.co.uk, Tunbridge Wells.

Teapigs Sweet Ginger at a glance

Field	Detail
Ingredients	Ginger root pieces, apple, blackberry leaves (no licorice or pepper)
Pack size	15 pyramid bags
UK price	£3.50 to £4.50
Caffeine	None; caffeine-free herbal
Cup character	Warming ginger with softer sweet apple, no peppery burn
Best for	Drinkers who want ginger's warming and digestive effect without the pepper heat

What to buy now

Buy Teapigs Sweet Ginger as the gentler ginger cup. Compare with Pukka Three Ginger for the strongest UK ginger alternative, lemon ginger blends for the citrus-warmed variation, and a quality whole fresh ginger root for simmering when you want maximum effect.

For the matching kit, the herbal & fruit infusions and Teapigs range.

FROM THE CURATOR

teas · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

Ginger tea reading

For ginger context see the ginger tea guide and the ginger tea benefits piece. For comparable blends see the Pukka Three Ginger piece and the Yogi Ginger overview. For brand context see the Teapigs deep dive.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea

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- Herbal tea
- Caffeine in tea
- How to make tea properly
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