Twinings Apple & Pear Green Tea

From the teas.co.uk wiki

> **Twinings Apple & Pear Green Tea, in summary:** Twinings Apple & Pear Green Tea is a soft, fruity, beginner-friendly flavoured green. Taste, sugar status, who it suits and who should choose another.

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

Twinings Apple and Pear Green Tea is the brand's gentle introduction to green tea, the fruit character softens green tea's vegetal bitterness, making it easier for green tea novices. Light, sweet, refreshing. Excellent for transitioning black tea drinkers to green tea or for anyone wanting a softer green tea routine.

The blend

Green tea base + apple pieces + pear pieces + natural fruit flavouring.

How it tastes

Light green tea with apple pear sweetness. Naturally fruity without sugar. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml water at 80°C.
2. Steep 2-3 minutes.
3. Drink unsweetened.

Iced version

Cold brewed for excellent summer drinking.

Why it works

- Fruit softens green tea's vegetal character.
- Naturally sweet without sugar.
- Mainstream friendly.

- Bridge from black tea to green tea.

Use cases

- Green tea introduction for black tea drinkers.
- Gentler daily green tea.
- Office afternoon refresh.
- Cold brewed summer drink.
- Children friendly green tea (mild caffeine).

Caffeine

20-30mg per cup (green tea base).

Vegan

Yes.

Pricing

Mid tier mainstream, typically 6-10p per bag.

FAQ

Caffeine? 20-30mg.

Vegan? Yes.

Best for green tea novices? Yes, fruit softens green tea character.

Cold brew? Excellent.

Sugar? Not needed, naturally fruity.

Brewing temperature matters

Green tea wants 70-80°C, never just boiled water. Boiling water over extracts catechins and produces a bitter cup. Use a variable temperature kettle set to 80°C, or let boiled water cool and check it with a thermometer. The temperature precision is the single biggest factor in green tea quality.

L theanine and the focus state

Green tea contains L theanine alongside caffeine, producing the relaxed, attentive focus that distinguishes tea from coffee. The fruit or flavour additions don't change the underlying L theanine + caffeine mechanism. 1-2 cups gives you the focus dose without jitter.

Cold brew version

Cold brewed green tea is one of the great summer drinks. 4 bags + 1L cold water + 6-8 hours in the fridge produces a smoother, naturally sweeter cup with less bitterness than hot brewed. Strain and drink over ice, and keep any extra covered in the fridge to drink soon.

Curator's note: Twinings Apple and Pear Green Tea is the gentle bridge from black tea to green tea. Worth keeping for green tea novices. Lee, teas.co.uk, Tunbridge Wells.

Where it fits

Aspect	The read
Type	Mainstream green + soft apple-pear flavour
Best for	Green-tea beginners; gentle, low-bitterness
Caffeine	Standard modest green load; a daytime cup
Brew	Off the boil, short; cold brew is excellent

Reference noted

- PubMed: Green tea catechins and human health
- PubMed: Polyphenols and chronic disease prevention

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