Twinings Ginger Green Tea

From the teas.co.uk wiki

> **Twinings Ginger Green Tea, in summary:** A mild green base lifted with warming ginger. What is in the bag, how the two work together, and how to brew it.

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

Twinings Ginger Green Tea combines a Chinese green tea base with ginger root pieces and natural flavouring. It is bright, slightly spicy, and more substantial than plain green tea on a cold morning. The ginger adds warmth and softens green tea's vegetal edge, while the green base brings the gentle, steady lift of caffeine and L-theanine. Mainstream pricing.

The blend

A Chinese green tea base (the caffeine and L-theanine source), dried ginger root pieces (visible through the bag), and natural ginger flavouring for cup-to-cup consistency. The ginger dose is moderate, more than a token aromatic but less aggressive than Twinings Spiced Ginger or a dedicated ginger-lemon infusion.

How it tastes

A grassy green base, ginger warmth coming through cleanly, and a slight spicy edge on the finish. Less austere than plain green tea, less aggressive than a ginger-only herbal. The ginger softens green tea's vegetal character and gives a warming feel that suits cold-weather drinking. Curator Rating: 4.9/5.

How to brew

1. Ginger green: 1 bag, 200ml of water heated to around 80°C, since boiling water turns the green bitter.
2. Cover the cup.
3. Steep 2 to 3 minutes; longer makes the green astringent without adding much ginger heat.
4. Drink black; honey is fine, and a squeeze of lemon adds brightness.
5. For iced, cold brew 4 bags in 1 litre of water in the fridge for 6 to 8 hours; this softens the ginger heat.

Use cases

- A cold-weather morning alternative to plain green tea.

- An everyday green-tea cup with a warming twist.
- A mid-morning focus cup (green tea's caffeine and L-theanine).
- Pre-workout warmth.
- Iced in summer, where the cold brew tames the ginger.

At a glance

Aspect	The read
Type	Green base plus ginger; warming, mildly spicy
Caffeine	Standard modest green load; a daytime cup
Best for	Cold-season comfort and an after-meal warmer
Brew	Off the boil, short; cold brew works well

FAQ

Caffeine? 20 to 30mg per cup.

Vegan? Yes.

Cold brew? Works well; a little less ginger pop iced than hot.

Children? Not ideal for under-12s because of the caffeine; the ginger itself is fine.

Pairings

- Sushi and sashimi (the ginger pairs particularly well).
- Asian dishes (Japanese, Chinese, Thai, Vietnamese).
- Light desserts and fresh fruit.

Curator's note: Twinings Ginger Green Tea is a warming alternative to plain green tea. Worth keeping for cold weather routine. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Ginger Green Tea for everyday drinking at mainstream pricing; Yogi Green Tea Ginger is the organic, slightly stronger-ginger alternative at a premium. The relevant aisles are the green tea range and the herbal and fruit infusions, or browse the wider Twinings range.

FROM THE CURATOR

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Ginger reading

- Green tea
- Ginger tea
- Caffeine in tea
- Cold brew tea

Reference noted

- PubMed: Green tea catechins and human health

The bottom line

A sensible, warming flavoured green: a clean green base lifted with a real, moderate hit of ginger. Brew it off the boil and short so the green stays sweet under the spice. It is best as a cold-weather or mid-afternoon daytime cup; for the same warmth in the evening, reach for a caffeine-free ginger infusion instead.

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