Twinings Gingerbread Green Tea

From the teas.co.uk wiki

> **Twinings Gingerbread Green Tea, in summary:** A dessert-spiced green: warming gingerbread notes over a mild green base. What it is, when it suits, and how to brew it.

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

Twinings Gingerbread Green Tea adds warming gingerbread spice (ginger, cinnamon, cloves, nutmeg) to a Chinese green tea base. It is festive-themed but drinkable all year; the gingerbread profile suits a cold winter afternoon whether or not it is December. A distinctive seasonal spice in green-tea form, good for Christmas hospitality and as a winter afternoon cup. Mainstream pricing.

The blend

A Chinese green tea base with ginger root, cinnamon bark, cloves, nutmeg, and occasionally vanilla or gingerbread-biscuit flavouring depending on batch. The spice mix is essentially the classic British gingerbread recipe minus the flour and sugar, so it carries the same warming aromatic profile.

How it tastes

Ginger and cinnamon lead, clove and nutmeg give the warm depth, and green-tea grassiness sits underneath. It tastes recognisably like gingerbread biscuits dissolved in hot water, with the green base behind. Drinkers who like Christmas spice flavours will love it; pure-tea purists will not. Curator Rating: 4.9/5.

How to brew

1. Use 1 bag of gingerbread green per 200ml of water at about 80°C, short of the boil.
2. Cover the cup; the spice aromatics are the main flavour.
3. Steep 2 to 3 minutes; longer makes the green astringent without adding spice.
4. Drink black, or with a splash of warm milk for a fuller dessert profile.
5. For Christmas hospitality: brew double-strength, top with steamed oat milk and a little grated nutmeg.

Use cases

- Christmas-season afternoon tea.

- Cold winter afternoons, all year, not just December.
- Festive entertaining; a non-alcoholic option for guests.
- Pairing with gingerbread biscuits, mince pies, Christmas cake or stollen.
- A swap for sugary gingerbread-flavoured coffee-shop drinks.

The gingerbread tradition

British gingerbread goes back to the medieval period, after the Crusaders brought ginger to Europe. The classic UK spice mix (ginger, cinnamon, cloves, nutmeg, sometimes black pepper) is one of the country's most recognisable flavours, and this tea captures it in a bag. It suits anyone who links that spice with Christmas, with childhood baking, or simply with cold weather.

At a glance

Aspect	The read
Type	Green base + gingerbread spice (ginger, cinnamon, nutmeg notes)
Caffeine	Standard modest green load; a daytime cup
Best for	Cosy autumn and winter drinking; a sweet-free dessert substitute
Brew	Off the boil, short; sweetening optional, not needed

FAQ

Caffeine? 20 to 30mg per cup.

Vegan? Yes.

Seasonal? Marketed as festive, but available all year.

Cold brew? Works; the spice profile is gentler iced.

Curator's note: Twinings Gingerbread Green Tea is the spiced festive green tea. Worth keeping for Christmas season and winter afternoons. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Gingerbread Green Tea for cosy autumn and winter drinking. Browse the wider green tea range and the Twinings range for alternatives.

FROM THE CURATOR

teas · A small, reliable stash of seasonal greens beats a big, curious one. Rotate two or three spiced greens you really enjoy.

Green-tea reading

- Green tea
- Chai tea
- Caffeine in tea
- Ginger tea

Reference noted

- PubMed: Green tea catechins and human health

The bottom line

A cosy, low-calorie spiced green: gingerbread spice (ginger, cinnamon, clove, nutmeg) over a mild green base, like gingerbread biscuits dissolved in the cup. The festive badge is just marketing, it is good all year. Brew it off the boil and short so the spice sits on a sweet rather than bitter base; it does not need sweetening.

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