Twinings Lemon and Ginger

From the teas.co.uk wiki

> **Twinings Lemon and Ginger, in summary:** Britain's bestselling herbal: caffeine-free, bright, gently warming and dependable. What it is, how it compares, and how to brew it.

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

Twinings Lemon and Ginger is one of Britain's bestselling herbal teas, almost certainly the bestselling lemon-and-ginger in UK supermarkets. Bright lemon peel, warming ginger root and lemongrass for citrus lift. It has near-universal appeal across age groups and is most British drinkers' first non-black-tea purchase: a reliable, mainstream-priced (5 to 8p a bag), caffeine-free staple available everywhere.

The blend

Dried lemon peel for the citrus top, ginger root for warmth, lemongrass for extra brightness, and occasionally a touch of natural lemon flavour for cup-to-cup consistency. The bag is roughly 1.5g, and you can see the ginger fragments through it.

How it tastes

Lemon hits first, ginger warmth follows and lingers, and lemongrass closes with a clean citrus finish. The ginger is gentler than Yogi Organic Ginger Lemon (which adds black pepper) and softer than Twinings Spiced Ginger. Easy to drink for any palate, equally at home as a warming cup or a casual afternoon drink. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water.
2. Cover the cup; the lemon and ginger aromatics both benefit.
3. Steep 5 to 7 minutes for a balanced cup, or 8 to 10 for a stronger ginger hit.
4. Squeeze the bag against the cup before removing.
5. Add honey or a slice of fresh lemon if you like.
6. To ice it, steep 4 bags of lemon and ginger in 1 litre of cold water, leave them 6 to 8 hours chilled, and add a slice of ginger to each glass.

Use cases

- A warming, caffeine-free comfort cup at any time of day.
- A daily caffeine-free staple for non-coffee and evening drinkers.
- Cold winter mornings before food.
- Iced in summer; it is excellent cold-brewed.

Twinings Lemon & Ginger, at a glance

Aspect	The read
What it is	Caffeine-free lemon-and-ginger infusion; Britain's bestseller
Why popular	Bright, warming, dependable, widely stocked
vs Pukka/Yogi	Lighter, more accessible; less intense ginger
Caffeine	None: a real all day and evening cup
Brew	Full boil, long steep to pull the ginger

FAQ

Caffeine? None.

Vegan? Yes.

A UK bestseller? One of the top-selling herbal teas in UK supermarkets.

Children? Yes; gentle and caffeine-free, a good warm-up after a chilly walk.

Curator's note: Twinings Lemon and Ginger is one of the British herbal tea staples. Universal appeal; reliable everyday quality. Worth keeping in the cupboard. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Lemon and Ginger as the dependable everyday option, lighter and more accessible than Pukka or Yogi, which use a more assertive ginger. For a fierier cup, brew a dedicated ginger tea. Browse the wider herbal range and the Twinings range; free UK shipping starts at £35.

FROM THE CURATOR

teas · A small, reliable stash of lemon and ginger beats a big, curious one. Rotate two or three Twinings herbals you really enjoy.

Ginger reading

- Ginger tea
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The bottom line

Twinings Lemon and Ginger is Britain's accessible bestseller for a reason: caffeine-free, bright, gently warming and stocked everywhere. It is lighter than Pukka or Yogi by design, a dependable comfort cup rather than a fierce one. The one thing that makes or breaks it is the brew: give it a full boil and a long, covered steep, or the ginger reads thin.

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