Twinings Lemon Green Tea

From the teas.co.uk wiki

> **Twinings Lemon Green Tea, in summary:** The classic green-and-citrus pairing. Why lemon and green tea work together, and how to brew it without bitterness.

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

Twinings Lemon Green Tea combines green tea with lemon peel and natural lemon flavouring, one of the classic green-tea pairings. The lemon softens green tea's vegetal character and brightens the cup, especially on a sluggish morning. Excellent as a daily cup, a summer iced drink or a mid-morning lift. Mainstream pricing.

The blend

A Chinese green tea base (typically Chunmee style), dried lemon peel, natural lemon flavouring, and occasionally a touch of lemongrass for extra citrus brightness. Lemon and green tea is one of the most popular tea formulations in the world; this is Twinings' supermarket version of it.

How it tastes

Bright lemon hits first, green-tea grassiness sits underneath, and a lemon-zest note closes the cup. Cleaner and more refreshing than plain green tea, and a good gateway green for drinkers who find pure green too austere. Curator Rating: 4.9/5.

How to brew

1. Lemon green: 1 bag to 200ml of water at about 80°C, kept off the boil.
2. Cover the cup; lemon and green-tea aromatics are both volatile.
3. Steep 2 to 3 minutes only.
4. Drink black; honey is fine, milk muddies the citrus.
5. For more citrus, add a fresh lemon slice on top.
6. Iced, steep 4 bags with a slice of lemon in 1 litre of cold water, chill for 6 to 8 hours and pour over ice.

Why lemon and green tea work

This pairing is real chemistry, not just habit. Green tea is clean, vegetal and slightly astringent; lemon's acidity brightens the aroma while its sourness softens the perception of astringency, so a brisk green reads rounder and more refreshing with lemon than without. That is why this specific combination has outlasted countless trend flavours and remains a sensible everyday default.

At a glance

Aspect	The read
Type	Green base + lemon; bright, classic everyday pairing
Why it works	Citrus lifts the green and softens any astringency
Caffeine	Standard modest green load; a daytime cup
Brew	Off the boil, short; excellent iced

Use cases

- A daily green for drinkers who find plain Sencha too austere.
- A mid-morning focus cup.
- Cold-brewed and iced for summer, excellent over ice.
- Pre-workout warmth.
- A swap for sugary lemon soft drinks.

FAQ

Caffeine? 20 to 30mg per cup; best morning to mid-afternoon.

Vegan? Yes.

Cold brew? Excellent; one of the better cold-brewable greens.

Real lemon? Lemon peel plus natural lemon flavouring, not just synthetic.

Curator's note: Twinings Lemon Green Tea is the classic citrus green tea. Reliable daily routine. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Lemon Green Tea as a bright everyday green. Browse the wider green tea range and the Twinings range.

FROM THE CURATOR

teas · Start with the simplest lemon green cup here that fits your routine. Other flavoured greens can wait for week two.

Green-tea reading

- Green tea reference
- Lemon in tea
- Caffeine in tea
- Flash chill tea

Reference noted

- PubMed: Green tea catechins and human health

The bottom line

A well matched, enduring everyday pairing: the citrus rescues a slightly brisk green, and the green gives the lemon something to sit on. Brew it off the boil and short so it stays sweet rather than bitter; it is superb iced, brewed strong over plenty of ice as a sugar-free alternative to bottled lemon iced tea.

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