Twinings Liquorice and Spearmint

From the teas.co.uk wiki

> **Twinings Liquorice and Spearmint, in summary:** Naturally sweet liquorice root with cool spearmint, a sugar-free dessert-style cup. What it tastes like, how to brew it, and how much is sensible.

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

Twinings Liquorice and Spearmint pairs naturally sweet liquorice root with cooling spearmint leaf: sweet without sugar, cool on the palate, and distinctive enough to divide opinion. A good caffeine-free treat cup for anyone cutting back on sugar. Mid-tier mainstream pricing.

The blend

Liquorice root (around 70% by weight, the dominant flavour and the natural sweetness) with spearmint leaves as the cooling counterpoint. No added sugar, no flavouring. The bag holds around 1.5g.

How it tastes

Liquorice's anise-sweet flavour leads (think Pontefract cakes or Italian liquorice candy), and spearmint cools and brightens the finish. Naturally sweet without any added sugar, which is the whole appeal. The two flavours work together better than the description suggests: less divisive than pure liquorice, more interesting than plain spearmint. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water.
2. Cover the cup.
3. Steep 5 to 7 minutes for moderate sweetness, 8 to 10 for fuller intensity.
4. Drink black; milk muddies the flavour completely.
5. The bag will give a second cup; both ingredients have plenty left after one steep.

Why it works

Liquorice root is roughly 50 times sweeter than sugar by weight, so it makes a sweet-tasting cup with no sugar and no calories. Spearmint adds a cool, clean freshness that lifts it. The result reads like a sugar-free dessert, which is why it appeals to anyone cutting down on sugar.

Good to know

Liquorice is naturally sweet but is best enjoyed in moderation; a couple of cups a day is fine for most people. If you are pregnant or have high blood pressure, it is sensible to avoid concentrated liquorice. This is general information, not medical advice.

In short: Twinings Liquorice and Spearmint

Field	Detail
Brand	Twinings (flavoured herbal blend)
Ingredients	Liquorice root, spearmint leaves, fennel, occasional natural flavouring
Caffeine	None; caffeine-free herbal
Cup character	Sweet root-liquorice base with cool spearmint top note; reads as sugar-free dessert cup
Best for	After meals, a stand in for sweet cravings, drinkers watching sugar who want a cup like dessert
Caution	Liquorice glycyrrhizin raises BP at high intake; limit to 2-3 cups daily
UK price	£2.50 to £3.20 a box of 20 bags (12 to 16p per cup)

Use cases

- A naturally sweet, sugar-free treat cup.
- A sweet-craving substitute for drinkers cutting sugar.
- A caffeine-free evening cup.
- For liquorice fans who find pure liquorice tea too one-note.

FAQ

Caffeine? None.

Vegan? Yes.

Naturally sweet? Yes; the liquorice does the work, no added sugar needed.

Curator's note: Twinings Liquorice and Spearmint is the naturally sweet caffeine free tea. Excellent post meal. Watch the liquorice consumption if sustained daily. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Liquorice and Spearmint as the sugar-free treat cup. Compare with Teapigs Fennel and Liquorice or a straight spearmint tea. Browse the wider herbal range and the Twinings range; free UK

shipping starts at £35.

FROM THE CURATOR

teas · Match the tea to the moment. A 6am breakfast cup and a 4pm liquorice and spearmint need not match.

Herbal reading

For brand background see the Twinings deep dive; for the ingredients see the liquorice tea and spearmint tea guides.

The bottom line

A sugar-free sweet cup: liquorice doing the natural-sweetness work, spearmint adding cool freshness. Worth keeping as an after-dinner treat for anyone watching their sugar. As with any liquorice, enjoy it in moderation.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/