Twinings Mint Green Tea

From the teas.co.uk wiki

> **Twinings Mint Green Tea, in summary:** A clean, cooling everyday green-and-mint cup. What is in the bag, the Moroccan-style serving, and how to brew it.

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

Twinings Mint Green Tea is the brand's Moroccan-style green-and-mint blend: a Chinese green tea base with spearmint (most batches) or peppermint (some). Clean, cooling and refreshing, and excellent cold-brewed for summer. It is the British supermarket take on the Maghrebi mint tea served as a hospitality drink across North Africa. Mainstream pricing.

The blend

A Chinese green tea base (typically Chunmee style) with spearmint leaf, the Moroccan mint of choice for its gentler character, and occasionally peppermint depending on batch. No added sugar; the traditional Maghrebi version is heavily sugared, but here you add your own.

How it tastes

Cooling mint hits first, the grassy green base sits underneath, and the two together make a clean, refreshing cup. It is less aggressive than a peppermint-only herbal because the green tea grounds the mint. Curator Rating: 4.9/5.

How to brew (British style)

1. British style: 1 bag of mint green, 200ml of water, about 80°C and never boiling.
2. Cover the cup.
3. Steep 2 to 3 minutes.
4. Drink black; honey is fine.

How to brew (Moroccan style)

1. 1 to 2 bags in a small teapot with 300ml just-off-boil water.
2. Add 2 to 3 teaspoons of granulated sugar (yes, that much; this is the traditional version).

3. Steep 4 to 5 minutes.
4. Pour from a height into small glasses; it creates a foamy head and aerates the tea.
5. Drink immediately; refill the pot 2 to 3 times from the same leaf.

The Moroccan version is sweeter and more aromatic than the British format, worth trying once for the contrast.

Use cases

- A clean, cooling cup after a meal.
- A mid-morning focus cup.
- Cold-brewed and iced for summer, excellent over ice with fresh mint.
- Pairing with Moroccan, Lebanese or Middle Eastern food.
- A gentler, lightly caffeinated alternative to evening peppermint tea (still a daytime cup).

At a glance

Aspect	The read
Type	Green base + mint; clean, cooling, Moroccan-adjacent
Caffeine	Standard modest green load; a daytime cup
Best for	After meals, hot afternoons; iced works well
Brew	Off the boil, short; covered to hold the mint

FAQ

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

Vegan? Yes.

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

With sugar? Optional in the British style; traditional in the Moroccan style.

Curator's note: Twinings Mint Green Tea is the British supermarket version of Moroccan style mint green tea. Clean, refreshing, post meal friendly. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Mint Green Tea as a clean, cooling everyday green. Browse the wider green tea range and the Twinings range.

FROM THE CURATOR

teas · A small, reliable stash of mint greens beats a big, curious one. Cycle through two or

three minty greens you really enjoy.

Green-tea reading

- The green tea family
- Peppermint tea
- Caffeine in tea
- Gunpowder green tea

Reference noted

- PubMed: Green tea catechins and human health

The bottom line

A clean, gentle, daytime mint green: lighter and unsweetened compared with the strong, sweet Moroccan serving it nods to. Brew it off the boil and short, kept covered to hold the mint, and it is really good iced, brewed strong over plenty of ice. Judge it as the easy refresher it is, not as authentic Moroccan tea.

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