Twinings Orange and Cinnamon

From the teas.co.uk wiki

> **Twinings Orange and Cinnamon, in summary:** A competent flavoured black: warm, citrusy, lightly spiced. The right tool for a festive, cosy cup rather than a connoisseur tea.

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

Twinings Orange and Cinnamon is the brand's European-style spiced black tea: a Ceylon-Assam base with orange peel, cinnamon and cloves. Festive without being explicitly Christmas-themed, drinkable year-round, and especially good on cold winter mornings. It is the supermarket version of the continental spiced-black tradition. Mainstream pricing.

The blend

A black tea base (Ceylon plus Assam for body), dried orange peel for the citrus top note, cinnamon bark for warmth, cloves for spicy depth, and occasionally a touch of allspice or cardamom depending on batch. The spice profile is restrained rather than overpowering, so it works for daily drinking, not just at Christmas.

How it tastes

A black-tea body with orange peel hitting first, cinnamon warmth following, and cloves giving a subtle background depth. Less sweet than a chai (no added sugar or vanilla), more spiced than a plain black, more interesting than a lemon and ginger. Anyone who likes mulled wine in winter will recognise the profile immediately. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water.
2. Cover the cup; the orange and clove aromatics are volatile.
3. Steep 3 to 4 minutes for a balanced cup, 5 to 6 for a stronger spiced effect, but do not over-steep the flavoured base.
4. Drink black or with a splash of milk; the milk softens the spice but masks the orange.
5. For a festive twist, add a slice of fresh orange and a little fresh ginger.

Use cases

- A winter morning tea instead of plain English Breakfast.
- Christmas-season afternoon tea.
- An alcohol-free mulled-wine alternative at evening gatherings.
- Pairing with Christmas cake, mince pies or stollen.
- A year-round option for drinkers who want spice without committing to chai.

How it compares

Russian Caravan is a smoky black; chai is a full-spice black (cardamom, ginger, clove, cinnamon, pepper) from the Indian tradition; Orange and Cinnamon is a citrus-spiced black from the continental European tradition, and the gentlest of the three. Pick on flavour preference.

Curator's note: Twinings Orange and Cinnamon is the European spiced black tea, distinctive, festive, year round drinkable. Lee, teas.co.uk, Tunbridge Wells.

Twinings Orange & Cinnamon at a glance

Aspect	The read
What it is	A black-tea base flavoured with orange and cinnamon, European spiced style
Character	Warm, citrus-and-spice, festive; good with or without milk
Caffeine	Ordinary black-tea level
Brew	Boiling water, ~3, 4 min; do not over-steep the flavoured base
Clear note	A flavoured everyday black, not a functional or premium origin tea

FAQ

Caffeine? 40 to 50mg per cup.

Vegan? Yes (without milk; oat milk works well if you want it dairy-free).

Festive? Yes; it works year-round but peaks at Christmas.

Milk? Possible; the milk softens the spice but masks the citrus.

What to buy now

Buy Twinings Orange and Cinnamon for a warming, festive everyday black. Browse the wider black tea range and the Twinings range.

FROM THE CURATOR

teas · Match the tea to the moment. An orange and cinnamon cup at 4pm needn't match your 6am breakfast blend.

Black-tea reading

- Black tea reference
- Spiced tea
- Tea brewing reference
- Tea and food pairing

Reference noted

- EFSA Scientific Opinion on the Safety of Caffeine (2015)

The bottom line

A competent, widely available flavoured black that does the warm, citrus-spiced, festive job well. Brew it like any black, a full boil for 3 to 4 minutes, but do not over-steep the flavoured base or the tannin fights the orange and cinnamon. The base is ordinary-caffeine black, so treat it as a daytime cup.

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