Twinings Pomegranate Green Tea

From the teas.co.uk wiki

> **Twinings Pomegranate Green Tea, in summary:** A tart, fruity green sold on its plant compounds. What that claim really amounts to, and how to brew the cup.

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

Twinings Pomegranate Green Tea combines a green tea base with tart, sweet pomegranate, two plants often flagged for their polyphenols. In the cup it is really a bright, tart, fruity everyday green, easier to drink than plain green tea, rather than a clinical dose of anything. Note: this is a caffeinated green tea, not a caffeine-free fruit infusion. Mainstream pricing.

The blend

A green tea base (the caffeine source), pomegranate fruit flavour, hibiscus for colour and tartness, and occasionally rosehip or fruit pieces depending on batch. The pomegranate comes mostly from natural flavouring rather than dried seed, so it is more "pomegranate-flavoured green tea" than "green tea with real pomegranate".

How it tastes

Tart-sweet pomegranate hits first, hibiscus tartness extends it, and green-tea grassiness sits underneath. Brighter and more fruit-forward than plain green tea, and less austere than a pure Sencha-style green. Easy to drink, and a good fit for people who don't usually reach for green. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml water at about 80°C, not boiling (boiling scalds the green tea and turns the cup harsh).
2. Cover the cup.
3. Steep 2 to 3 minutes only; green tea over-extracts quickly.
4. Drink black; honey is fine, milk muddies the brightness.
5. Iced pomegranate green: 4 bags, 1 litre of cold water, 6 to 8 hours of chilling, then ice.

What the "antioxidant" name means

Green tea and pomegranate both contain polyphenols, which is true and routinely inflated on packaging. In a brewed cup the amount is real but small, nowhere near a supplement, and overall diet and daily habits do far more. So drink it for the bright pomegranate tartness, not the health halo. This is general information, not medical advice.

At a glance

Aspect	The read
Type	Green base + tart pomegranate flavour
The polyphenol claim	Real but modest; not a clinical benefit per cup
Caffeine	Standard modest green load; a daytime cup
Brew	Off the boil, short; good iced

Use cases

- A morning or mid morning lift.
- A swap for a sugary fruit drink at breakfast.
- Iced in summer; pomegranate iced tea is excellent over ice.
- Variety alongside other green teas in a daily rotation.

FAQ

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

Vegan? Yes.

Cold brew? Excellent; pomegranate iced is one of the best green-tea iced formats.

Real pomegranate? Mostly natural pomegranate flavour rather than dried fruit pieces.

Curator's note: Twinings Pomegranate Green Tea is a bright tart sweet daily green tea. Worth keeping for variety. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

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

FROM THE CURATOR

teas · Two or three boxes of Twinings fruit greens get an order to £35 and free UK delivery. Build a small pomegranate green order rather than one splurge.

Green-tea reading

- Green tea explained
- Fruit tea
- Herbal tea overview
- Caffeine in tea

Reference noted

- PubMed: Green tea catechins and human health

The bottom line

A tart, pleasant fruity green with a polyphenol footnote that is accurate but trivial. Drink it for the bright pomegranate, not the claim. Brew it off the boil and short so the base stays sweet, and it is good iced, where the tartness reads especially cleanly.

Part of the Tea Health Benefits pillar at teas.co.uk.

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