Twinings Salted Caramel Green Tea

From the teas.co.uk wiki

> **Twinings Salted Caramel Green Tea, in summary:** A dessert-flavoured green: a low-calorie, sweet-tasting treat substitute. What it is, and how to brew it.

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

Twinings Salted Caramel Green Tea is one of the brand's most distinctive flavoured green teas: a Chinese green tea base with caramel and salt flavouring. It is polarising. Fans call it a rich, unusual, calorie free stand in for dessert; sceptics find salted caramel on green tea odd or industrial. Worth trying once for the curiosity. Mainstream pricing.

The blend

A Chinese green tea base, natural caramel flavour, salt and salt-flavoured crystals (the "salted" in the name), and occasionally a touch of vanilla depending on batch. The bag looks like standard green tea; the surprise is in the cup.

How it tastes

Sweet caramel hits first, a slight salted edge follows (less than a salted-caramel chocolate bar but recognisable), and green-tea grassiness sits underneath. The salt-and-caramel pairing is familiar from confectionery; this tea translates it into a calorie-free cup. Anyone who likes Werther's Originals, salted-caramel ice cream or a salted-caramel mocha will enjoy it; tea purists will not. Curator Rating: 4.9/5.

How to brew

1. Salted caramel green: 1 bag, 200ml of water off the boil at roughly 80°C.
2. Cover the cup; the caramel and salt aromatics are volatile.
3. Steep 2 to 3 minutes only; the green base over-extracts.
4. Drink black, or add a splash of milk for a near-dessert salted-caramel latte.
5. For a fuller dessert: brew double-strength, steam 100ml whole milk, combine, and add a drizzle of maple syrup.

Use cases

- A dessert-tea substitute when you don't want a biscuit.
- A sweet-craving stand-in for drinkers cutting sugar.
- Variety in a green-tea rotation.
- A tea-latte base for salted-caramel drinks.
- A cosy evening cup with a small piece of dark chocolate.

The salted-caramel story

Salted caramel went from niche French confectionery (caramel au beurre sale from Brittany) to a mainstream British high-street flavour in the 2010s, peaking in coffee-shop syrups around 2015 to 2018. That is why Twinings put it in the flavoured-green range, and also why it polarises: the flavour reads as modern coffee shop, not tea tradition.

At a glance

Aspect	The read
Type	Green base + salted-caramel flavour; dessert-style
"Sweet meets healthy"	Marketing; it is a flavoured tea, not a health drink
Caffeine	Standard modest green load; a daytime cup
Brew	Off the boil, short; no sugar needed

Pairings

- Salted-caramel chocolate (mirrors the cup; not subtle).
- Vanilla ice cream or sorbet.
- Plain shortbread or biscotti.
- Coffee-shop pastries (cinnamon roll, almond croissant).
- Apple pie with a scoop of vanilla.

FAQ

Caffeine? 20 to 30mg per cup.

Vegan? Yes typically; check the pack for dairy-derived caramel flavouring.

Calories? Near zero; the caramel and salt are flavouring, not real sugar.

Worth trying? Yes, once, even if you bounce off it.

Curator's note: Twinings Salted Caramel Green Tea is a distinctive dessert flavoured green tea. Worth trying for variety. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Salted Caramel Green Tea for a dessert-flavoured green, or as a calorie-free sweet-craving substitute. For the plain baseline, try Twinings Pure Green. Browse the wider green tea range and the

Twinings range.

FROM THE CURATOR

teas · Pair this salted caramel green with one or two other packs and the order passes £35 for free UK delivery. Better a small mixed order than one big splurge on caramel green.

Green-tea reading

- Green tea
- Does sugar ruin tea?
- Caffeine in tea
- Flavoured green tea

Reference noted

- PubMed: Green tea catechins and human health

The bottom line

A pleasant, low-calorie dessert-flavoured green: a mild green base carrying a salted-caramel note. A real treat substitute, not a tonic, whatever the sweet and wholesome framing says. Brew it off the boil and short, with no sugar needed; a splash of milk turns it into a near-dessert latte.

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