Twinings Spiced Ginger

From the teas.co.uk wiki

> **Twinings Spiced Ginger, in summary:** Twinings Spiced Ginger is a clean caffeine-free ginger-forward warming infusion; its point of difference is leaving out the lemon so ginger reads brighter.

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

Twinings Spiced Ginger is the brand's stronger, spicier ginger blend: ginger root, cinnamon, cardamom, black pepper and clove, without the lemon that softens the ginger in standard lemon and ginger blends. The result is more intense, more warming and more interesting on the palate, made for cold-weather drinking and the cup after a heavy meal. Mainstream pricing.

The blend

Ginger root leads (around 50% by weight), with cinnamon bark for warmth, cardamom for aromatic lift, and black pepper to push the ginger heat forward, the same pairing used in golden milk and turmeric lattes. Some batches add a little clove or allspice. The black pepper is what gives this an edge over a plain ginger infusion.

How it tastes

Ginger heat hits first and lingers; cinnamon and cardamom fill the warm aromatic middle; black pepper leaves a faint tingle on the finish. Without lemon to temper it, the ginger is far more present than in a lemon and ginger blend. Drinkers who add fresh ginger to their tea anyway will love it; anyone who finds ginger too sharp should reach for lemon and ginger or a softer chai. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water.
2. Cover the cup; the volatile gingerols are drawn out by the heat but escape if left open.
3. Steep 5-7 minutes, or 8-10 for a more aggressive cup.
4. Squeeze the bag against the cup wall before removing.
5. For more heat, add a slice of fresh ginger and a teaspoon of honey to soften it.

Caffeine

None. The base is herbal, so it suits any time of day, evening included.

Use cases

- A warming cup on a cold day.
- After a heavy or spicy meal, as a palate cleanser.
- An evening cup when you want heat and aroma without caffeine.
- Anyone who likes to add fresh ginger to their tea.
- A caffeine-free alternative to an afternoon brew.

Spiced Ginger vs Lemon & Ginger vs Pukka Three Ginger

Spiced Ginger: ginger plus chai style spices, no lemon, the warmest of the three. Lemon & Ginger: ginger plus lemon, brighter and more refreshing, an easier daily drinker. Pukka Three Ginger: three ginger varieties (galangal, common, fresh), no spices, the purest ginger of the three. All three work; pick on intensity preference.

FAQ

Caffeine? None.

Vegan? Yes.

Stronger than lemon and ginger? Yes, more spice complexity and no lemon to soften it.

Pregnancy? Ginger in normal tea amounts is widely considered fine, but if you are pregnant and drinking a lot of it, check with your midwife or GP.

Children? Fine in moderation, though the heat may be too much for young children.

Twinings Spiced Ginger at a glance

Aspect	The read
What it is	A ginger-led herbal/spiced infusion, warming, without the usual lemon
Character	Clean, warming ginger heat; brighter than a lemon-ginger blend
Caffeine	None (herbal base); an any-time and evening cup
Brew	Full boil, cover, long steep; no bitterness penalty
Clear note	Warming ginger is folklore-comfort, not demonstrated medicine

Curator's note: Twinings Spiced Ginger is a stronger, spicier ginger alternative. Excellent for cold weather. Lee, teas.co.uk, Tunbridge Wells.

FROM THE CURATOR

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