Twinings Strawberry and Raspberry

From the teas.co.uk wiki

> **Twinings Strawberry & Raspberry, in summary:** The classic double-berry infusion on a hibiscus base. Caffeine-free, deep ruby red, and good both hot and iced. Taste, brewing and UK price below.

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

Twinings Strawberry and Raspberry is the classic double-berry infusion: a hibiscus base with dried strawberry and raspberry pieces and natural fruit flavouring. Sweet strawberry leads, tart raspberry follows, and the hibiscus underneath gives the deep ruby colour and the tartness that lifts the cup. Broad appeal across age groups and one of Twinings' most popular fruit infusions, hot or iced. Caffeine free, mainstream pricing.

The blend

Hibiscus flower (colour, body and natural tart base), dried strawberry pieces, dried raspberry pieces, rosehip (extra tartness), apple pieces (sweetness and body), and natural strawberry and raspberry flavouring. Plastic-free bags in the newer packaging.

How it tastes

Sweet-tart berry character with hibiscus tartness underpinning everything. Strawberry sweetness is the front note; raspberry adds a slightly sharper edge; hibiscus and rosehip extend the tartness on the finish. Vivid ruby-red liquor, again from the hibiscus. Drinkers who like a proper berry compote or summer pudding will love it, and the cup tastes more like real berries than the artificial-flavour fruit teas. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water (full boiling is right for fruit infusions).
2. Cover the cup; berry aromatics are volatile.
3. Steep 5-7 minutes; longer is fine, it will not go bitter.
4. Drink it black; honey is fine, though the berries already bring natural sweetness.
5. Iced: cold brew 4 bags in 1L water, fridge 6-8 hours, serve over ice with a fresh strawberry slice. Strawberry and raspberry iced tea keeps covered in the fridge, but not for long.

Use cases

- A caffeine-free alternative to soft drinks.
- A naturally sweet drink with no added sugar.
- Iced summer drinking, one of the best Twinings cold brews.
- Picnic and patio entertaining (cold-brewed the same morning).
- A late-evening cup when you want flavour without caffeine.
- A mocktail base, mixed with tonic or sparkling water.

FAQ

Caffeine? None.

Vegan? Yes.

Children? Yes; naturally sweet without added sugar makes it handy for kids' parties.

Cold brew? Excellent; one of the best fruit-tea cold brews.

Pregnancy? Fine in moderation; as it is hibiscus-based, keep it occasional rather than daily if you are pregnant.

Real fruit? Yes, dried strawberry and raspberry pieces plus natural flavouring.

Sugar? No added sugar; the sweetness comes from the fruit and apple.

Why it works

This is the everyday classic of the Twinings fruit range, built to be familiar: strawberry and raspberry are the two berries British drinkers know best. The deep pink colour and the clean tart edge come from a hibiscus base (Hibiscus sabdariffa calyces, the same ingredient behind Caribbean and West African sorrel drinks), with apple for sweetness and rosehip for a citrus-like brightness. The tartness is almost cranberry-like, kept balanced rather than sharp by the berry sweetness. With no Camellia sinensis leaf there is no tannin and no caffeine, so it never turns bitter however long it steeps, which is what makes it so good for slow afternoon drinking or overnight cold brewing.

Twinings Strawberry & Raspberry at a glance

Field	Detail
Brand	Twinings (Fruit and Cold Infuse ranges)
Type	Caffeine-free fruit and herbal infusion
Ingredients	Hibiscus, apple, rosehip, strawberry pieces, raspberry pieces, natural berry flavourings
Caffeine	0mg, naturally caffeine-free
Cup character	Deep pink, tart-sweet, full red-fruit aroma, bright finish
Best served	Hot in winter, iced in summer; works in both formats

Field	Detail
UK availability	Tesco, Sainsbury's, Asda, Twinings.co.uk, most UK supermarkets
UK price	Approximately £2.00 to £3.00 per 20-bag pack (10-15p per cup) for the entry-level Fruit range

Curator's note: Twinings Strawberry and Raspberry is the universal appeal double berry classic. Reliable for variety. Lee, teas.co.uk, Tunbridge Wells.

FROM THE CURATOR

teas · Judge strawberry and raspberry by the cup, not the box. Once you know what you like in a berry tea, the rest of the shelf is there.

Fruit-tea reading

For brand background see the Twinings brand wiki. For the ingredients see the hibiscus guide and the rosehip guide. For technique see the cold brew guide, and for category context the fruit tea overview.

The bottom line on Twinings Strawberry & Raspberry

A well-built everyday fruit infusion that works both hot and iced. Buy it for the family cupboard as the dependable berry option, especially if you have children or houseguests who want a caffeine-free hot drink. Worth keeping; not worth premium pricing, since the cheaper end of the Twinings fruit range is exactly where this belongs.

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