Twinings Vanilla Black Tea

From the teas.co.uk wiki

> **Twinings Vanilla Black Tea, in summary:** A Ceylon and Assam black tea base scented with natural vanilla. Comforting and dessert-leaning, good with or without milk, at mainstream supermarket prices. Taste, brewing and how it compares below.

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

Twinings Vanilla Black Tea combines a Ceylon and Assam black tea base with natural vanilla flavouring. Comforting, dessert-like, at mainstream supermarket prices. It is excellent with a splash of milk and no added sugar, as the vanilla brings its own perceived sweetness. One of the easier sweet-leaning cups for anyone cutting back on biscuits or chocolate: it tastes like a treat without the sugar.

The blend

Ceylon and Assam black tea base (the body and the milk-friendliness), natural vanilla flavouring, and occasionally a few visible vanilla-pod fragments depending on batch. No added sugar, no caramel, no other additives. The vanilla sits on top of the black tea rather than being baked into the leaf, so it stays distinct in the cup.

How it tastes

Standard British black tea on the body, sweet vanilla on the front, and a slightly cream-like roundness on the finish (especially with milk). Less aggressive than vanilla-spiced rooibos, less artificial than supermarket vanilla biscuits. It holds up to milk and a small spoon of sugar, and works black for anyone who wants the vanilla cleaner. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water.
2. Steep 3-4 minutes; the black base needs the time, but vanilla aromatics fade with longer steeps.
3. Add a splash of whole milk or oat milk; the dairy carries the vanilla.
4. Skip the sugar; the vanilla gives enough perceived sweetness for most drinkers.
5. Iced: brew at double strength, then pour over ice with a splash of milk.

Use cases

- A mid-afternoon dessert-cup substitute when you do not want a biscuit.
- A vanilla tea-latte base (1 bag + 100ml water + 150ml steamed milk + a little maple).
- Afternoon tea with sponge cake, fruit cake or scones.
- A cold-evening cup with a digestive.
- Iced in summer, over ice with mint.

Vanilla black vs French Vanilla vs vanilla rooibos

Twinings Vanilla Black: Ceylon Assam black with vanilla, the standard. French Vanilla (American brands like Stash): vanilla with a sweeter, more confected profile. Vanilla rooibos (Twinings, Whittard, Dragonfly): caffeine free version with rooibos's reddish sweet base. Pick on caffeine preference: black for morning, rooibos for evening, vanilla black covers both.

FAQ

Caffeine? Around 40-50mg per cup, standard black-tea level.

Vegan? Yes, with plant milk; oat milk works particularly well with the vanilla.

Best with milk? Yes; the dairy carries the vanilla and turns it dessert-like.

Cold brew? Works; pour over ice with mint for summer.

Sugar? Optional; the vanilla gives enough perceived sweetness for most drinkers.

Pregnancy? Pregnant? Each vanilla black cup counts toward the 200mg daily caffeine limit the NHS sets across all sources; ask a midwife if you are not sure.

Vanilla black, at a glance

Question	Answer
What it is	A standard black tea base scented with natural vanilla flavouring
vs French Vanilla	French Vanilla is usually sweeter and creamier styled; vanilla black is cleaner
vs vanilla rooibos	Rooibos version is caffeine free and naturally sweeter, woodier
Caffeine	Standard black level, around 40 to 50mg per cup
Best served	With or without milk; a low effort dessert leaning cup

Curator's note: Twinings Vanilla Black Tea is the British comforting vanilla flavoured black tea. Excellent with milk. Lee, teas.co.uk, Tunbridge Wells.

Quick take

A dependable, widely available flavoured black: a standard black base lifted by natural vanilla, pleasant with or without milk, and a low-effort substitute for a sweet dessert cup without the sugar. It is consistency and availability rather than connoisseur depth, which is exactly the Twinings position. For a caffeine-free version the vanilla rooibos route is sweeter and woodier. Brew it as the black tea it is, full boil, three to four minutes,

and judge it as a comforting everyday cup.

> **Where to buy:** the heritage flavoured range from Twinings, caffeine-free vanilla rooibos from Dragonfly, and everyday black from Yorkshire Tea. Browse the full black and flavoured range.

Reference noted

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

FROM THE CURATOR

teas · Start with the cheapest plain vanilla black you can find. Trade up only once vanilla black has won you over.

Tea reading

- The history of tea
- Loose leaf vs teabag
- Tea tasting for beginners
- Tea and caffeine
- Tea storage

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.

