Whipped Tea, Explained

From the teas.co.uk wiki

> **Whipped tea, in summary:** Whipped tea is an aesthetic dalgona-style preparation: a sweet treat, not a health drink, where the sugar is essential to the foam. A fun occasional novelty.

Whipped tea followed whipped (dalgona) coffee onto every feed. It sits in the viral-drinks cluster alongside bubble tea.

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

Aspect	The answer
What it is	Aerated tea foam (often matcha-based) spooned over milk; dalgona-style
Origin	Followed dalgona coffee's viral popularity (~2020)
Healthier than regular tea?	No; usually more sugar than ordinary tea
Sugar content	Substantial; the whip needs sugar to hold structure
Calories	200-400+ per serving depending on milk and sugar
Best base	Matcha powder, instant black tea, or strong brewed concentrate
Sugar substitutes?	Stevia/sucralose don't whip; some erythritol blends do
Best as	A photogenic occasional treat, not a daily routine

What it is, and the reality

Whipped tea is a frothy topping made by aerating strong tea (often matcha or instant) with sweetener and spooning it over milk: the texture is the point. It descends from dalgona coffee, which went viral in 2020 when people had time for novelty home drinks. It is an aesthetic and textural trend that does not make tea healthier or stronger, just sweeter and prettier. Enjoyed as occasional fun it is pleasant; sold as a virtuous drink it is not supported by what is in the glass.

How to make it, and why the sugar is essential

Combine 1 tablespoon of matcha (or strong instant tea), 1 tablespoon of caster sugar and 1 tablespoon of hot water in a bowl, and whisk hard with an electric or vigorous hand whisk for three to five minutes until pale, thick and able to hold soft peaks. Pour 200ml of cold milk into a glass, spoon the whip on top, and serve straight away. The sugar is not optional: it provides the bulk and water-binding that lets the aerated

foam stay stable, which is why non-bulking sweeteners (stevia, sucralose, monk fruit) collapse and only some erythritol blends work. A version with no sugar at all is close to impossible without losing the texture that defines the drink. See matcha water ratio.

The "healthier" question, and who it suits

Whipped tea is sometimes sold as a "healthier" alternative to coffee or sweet drinks; the reality is at least 10-15g of sugar per serving and a calorie load comparable to many of the drinks it is positioned against, with only modest matcha polyphenols to show for it. Do not buy the virtuous framing: it is a sweet treat like other sweet treats, and if you want a wholesome hot drink, plain unsweetened tea is far better. It suits people who enjoy sweet, creamy, photogenic drinks and the whisking itself; it suits less well anyone minimising sugar. Keep it as an occasional novelty. See tea myths debunked.

What to buy

A culinary-grade matcha is fine for the base (no need for ceremonial here), with whole or oat milk for the richest result. Browse the full tea shop. Pick whipped tea ingredients by the cup and its price rather than the trend; spend £35 for free UK delivery.

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