Tea for Ramadan and Iftar: Tradition and Choice

From the teas.co.uk wiki

> **Tea for Ramadan and iftar, in summary:** Tea is a genuine iftar tradition across Muslim communities, from Moroccan mint to masala chai, Turkish black and Gulf karak. After a long fast, plain water comes first and the sugar load matters more than the caffeine. Respect the custom, offer a choice.

Tea has a real, meaningful place in Ramadan, and this guide treats that with respect rather than as a marketing hook. This sits in the occasion cluster beside tea at Christmas.

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

Tea at iftar

In many cultures the fast is broken at sunset, often with dates and water, and tea frequently features in the meal and gathering that follows, the hospitality the world tea culture guide describes. What is served varies widely by region and family, so there is no single "Ramadan tea". The point is the gathering and its meaning, not a product: this page describes a custom, it does not commercialise it.

Regional traditions

Tradition	The cup
Maghreb (North Africa)	Moroccan-style mint tea: green tea, fresh mint and sugar, poured from height
South Asia	Masala chai: Assam-based black tea simmered with milk, ginger and spices
Turkey	Strong black tea from a two-tier pot, served in tulip glasses with sugar
Arab Gulf	Karak: strong, sweet, cardamom-rich milk tea
Egypt and Levant	Strong black tea in glasses, often with fresh mint

UK Muslim communities reflect all of these, so authentic regional matching, Moroccan mint for Maghrebi guests, masala chai for South Asian, matters more than any generic blend.

Hydration after the fast

After a 12 to 18 hour fast, hydration is a real concern. Tea is mostly water and contributes meaningfully, so the common claim that it dehydrates is largely incorrect, the point the hydration guide makes, but plain water still comes first and tea complements rather than replaces it. The more relevant health note is sugar: heavily sweetened iftar tea adds a substantial sugar load to a compressed eating window, so an unsweetened option is worth having for anyone watching that, especially diabetic guests. A caffeinated tea is not a substitute for water after a long day.

Suhoor considerations

The pre-dawn meal has different needs. Caffeine at suhoor can disrupt daytime rest for anyone who naps to manage the fast, so many prefer lighter or caffeine-free options there, while others rely on a light black tea for momentum. Water intake at suhoor matters most, so do not skip it for tea, and very rich preparations like a heavy milky chai may sit uncomfortably for the fasting day. It is a personal matter of how your body handles caffeine in this context.

Hosting an iftar gathering

Tea hospitality at iftar has real depth. Have it ready at the fast-breaking moment rather than made hastily after guests arrive, expect to serve several fresh rounds across the evening, and offer a genuine choice, caffeinated and caffeine-free, mint, spiced and plain, which suits diverse guests and is a gracious way to handle a mixed-tradition gathering, the same courtesy the hosting guide applies. Preparing a guest's own regional tea is a quiet mark of respect.

Common questions

Is there one "Ramadan tea"? No. It varies by region and family, from Moroccan mint to masala chai, Turkish black and Gulf karak. Choice and respect matter more than any single blend.

Does tea help with hydration after the fast? Yes, it is mostly water and contributes, but plain water remains the priority and tea complements it rather than replacing it.

What is the main health note? The sugar load of heavily sweetened iftar tea, more than the caffeine. Keep an unsweetened option for those who want it.

Should I have tea at suhoor? A personal choice. Caffeine there can disrupt daytime rest, so many prefer lighter or caffeine-free options at the pre-dawn meal.

Stock the iftar table

Match the tradition with a Moroccan mint, a masala chai, a strong black tea or a caffeine-free peppermint from the full tea shop. Offer a choice, and free UK delivery is over £35.

Browse the tea range

FROM THE CURATOR

teas · Spend less on prestige, more on freshness. A two-month-old supermarket bag still beats a three-year-old gift tin.

More from the tea wiki

- Tea at Christmas
- Moroccan mint tea
- Masala chai
- Turkish tea
- Tea for a dinner party
- Tea as a gift

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.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/