

Barney Milk Soft Baked Bears: The Gentler Bear

From the teas.co.uk wiki

Barney Milk Soft Baked Bears: The Gentler Bear, in summary: The milder of the two Barney bears: a soft sponge with a creamy milk filling, sealed one at a time. Keep the wrapper on until eating, skip the fridge and the dunk, and pair it with something gentle.

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

A soft bake goes stale the opposite way to a biscuit: it dries out instead of going soft. Everything about keeping a Barney Milk bear, from the wrapper to the cupboard, follows from that.

Milk bear or chocolate bear?

Barney launched in the UK in 2013 with two flavours, milk and [chocolate](#), and we stock both. The build is shared: a baked sponge in the shape of a bear, with a soft centre through it, individually wrapped, five to a 125g box. The difference is the filling. Here it is a creamy milk centre, mild and soft, and the sweetness is moderate rather than high.

Which to buy comes down to the child and the drink. The milk bear suits younger or fussier eaters and anyone who wants something gentler than a chocolate filling mid-morning; the chocolate bear is the one for a cocoa fan. Beside a gentle cup the milk bear is the better match, because a mild filling is easily flattened by anything strong.

Why the wrapper matters

A biscuit starts dry and is ruined when damp gets in. A soft bake starts moist, is sealed as soon as it is made, and is ruined when that moisture escapes. That is why each bear has its own wrapper: it keeps the texture the sponge had when it was packed. A bear dropped into a bag on Monday is much the same bear on Friday, and it copes with being squashed far better than a crisp bar.

So leave the wrapper on until the moment of eating, and keep the box in a cool cupboard rather than on a warm kitchen shelf. Skip the fridge, too: chilled, the sponge stiffens and the centre goes firm. It eats best at an ordinary, cool room temperature.

Gentle drinks for a gentle bear

Match it with something mild. A glass of milk is the obvious choice for a child, and for an adult a light breakfast tea with plenty of milk, or a softer cup later in the day, lets the creamy filling come through. A

builder's brew or a black coffee will run straight over it; save those for something sturdier.

Eat it dry rather than dipped. A soft sponge takes on liquid the instant it touches it and has nothing to hold it together afterwards, so a [dunk](#) ends at the bottom of the cup. Per the published ingredient list for this barcode, the bear contains wheat (gluten), milk, egg and soya, so check the current UK pack before it goes into a lunchbox.

The packs we stock

- [Barney Milk Soft Baked Bears Biscuits Multipack, 5 Pack 125g](#) (barcode 7622201416119)

What the label says

The published ingredient list for Barney Milk Soft Baked Bears Biscuits Multipack, 5 Pack 125g (barcode 7622201416119) says it contains wheat (gluten), milk, egg and soya. Check the Barney pack you buy, since the recipe and allergen advice can be updated.

Ingredients, as published: Wheat flour 23 %, glucose-fructose syrup, sugar, eggs 12 %, rapeseed oil, stabiliser (glycerol), skimmed milk powder 3.7 % and whole milk powder 2.5 % (milk equivalent 58 %), fat reduced cocoa powder 1.5 %, wheat starch, dextrose, raising agents (diphosphates, potassium carbonates), glucose syrup emulsifiers (E472b, E475, soya lecithins), salt, natural flavouring thickener (guar gum), acidity regulator (citric acid).

Typical values per 100g Per 100g

Energy	388 kcal
Fat	15g
of which saturates	2.3g
Carbohydrate	58g
of which sugars	30g
Fibre	1.2g
Protein	6g
Salt	0.6g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The Barney pack itself has the last word.

What to drink with it

- [Tetley Redbush Vanilla, 40 Tea Bags 100g](#): a soft, vanilla-scented cup for later in the day that sits alongside the creamy filling instead of over it.
- [Twinings English Breakfast Loose Tea, 125g](#): brewed on the short side with plenty of milk, a light pot that leaves room for a mild bear.
- [Twinings Everyday 120 Plant-Based, 348g](#): an everyday bag for a quick, milky mug, lifted out early to keep the cup gentle.

Elsewhere in the Barny range

- [Barny Chocolate Soft Baked Bears Biscuits Multipack, 5 Pack 125g](#)

The full range is on the [Barny brand page](#).

FAQ

What is the difference between Barny Milk and Barny Chocolate? The filling. The milk bear has a creamy milk centre and is the milder of the two; the chocolate bear has a chocolate filling.

Why has my Barny bear gone dry? Soft bakes stale by losing moisture. Once the wrapper is off the sponge starts to dry, so open one only when it is about to be eaten.

Should I keep Barny bears in the fridge? No. Cold firms the sponge and stiffens the filling; a cool cupboard is better.

Can you dunk a Barny bear? Not successfully. The sponge soaks up liquid at once and falls apart.

What does the Barny Milk label list? For this barcode, Barny Milk's published ingredients include wheat (gluten), milk, egg and soya. Check the current UK pack before buying.

Curator's note: This is the bear for the child who likes things mild. Keep it wrapped until the last minute and it stays exactly as soft as it should. Lee, teas.co.uk, Tunbridge Wells.

In short: Barny Milk Soft Baked Bears: The Gentler Bear

Field	Detail
Brand	Barny
Packs we stock	5 Pack 125g
Category	Biscuits
Allergens (as published)	Barny Milk lists wheat (gluten), milk, egg and soya.
Dunkable	No
Storage	Wrapped, in a cool cupboard
Best with	Milk, or a light, milky tea

More from the tea wiki

- [Tea and Biscuits](#)
- [Biscuit Dunking Physics: The Real Science](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Tea With Cake: The Pairing That Never Fails \(If You Get It Right\)](#)
- [Tea and Food Pairing: The Five Principles](#)

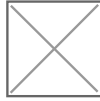
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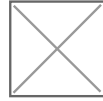
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