

Belvita Duo Crunch Strawberry & Yogurt: Two Textures in One Bar

From the teas.co.uk wiki

Belvita Duo Crunch Strawberry & Yogurt: Two Textures in One Bar, in summary: A dry, lightly toasted cereal shell with a creamy strawberry and yogurt centre running down the middle, wrapped bar by bar. Finish each one once opened, keep it out of the mug and drink something plain alongside.

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

Duo Crunch is the belVita bar with two textures: a crunchy cereal outside and a soft, sweet channel of filling inside. That contrast decides everything about it, from how it travels to what belongs in the cup next to it.

A crunchy shell around a soft centre

Most breakfast [biscuits](#) are one texture from edge to edge. Duo Crunch splits the work in two: a dry, lightly toasted cereal biscuit forms the outside, and a soft strawberry and yogurt filling runs along a channel in the centre. Bite in and you meet plain grain first, then the sweet, creamy middle, then grain again as the mouthful ends.

The published ingredient list shows how that is put together. Cereals make up just over half of the recipe, split between wheat flour and a wholegrain mix of oat flakes, wholegrain wheat, barley, rye and spelt. The fruit comes from strawberry purée with small amounts of blackberry and strawberry concentrate, and the yogurt note from skimmed milk yoghurt powder further down the list.

Where it sits among the belVita lines

belVita first appeared in France under the LU Petit Déjeuner name, and its whole range rests on a few shared rules: five wholegrains in the recipe, no colours or preservatives, and every portion packed on its own. The plainer breakfast biscuits in that family stay dry right through. Duo Crunch keeps the dry cereal shell but adds a sweet core, and that core is really what people are buying.

The useful comparison is with the Soft Bakes, which are the opposite: soft from edge to centre, with no crunch at all. Choose Duo Crunch if you want contrast inside a single bite and the Soft Bakes if you want an even chew. Both are sold as breakfast products, but this one eats more like a snack bar, and it is worth knowing which of those you are shopping for.

Carrying it, opening it and what to pour

This is one of the better things to put in a bag on a warm day. Nothing on the outside can melt, the fruit centre is sealed within the biscuit, and each bar has its own wrapper, so the rest of the 253g multipack is untouched when you open one. Once a wrapper is off, though, eat the whole bar: the dry base draws moisture from the filling and the air, and the crunch turns to chew within hours.

Skip the [dunk](#). The biscuit could cope, but the filling goes pasty the moment it meets hot tea. Because the centre already brings the sweetness, the best cup alongside is plain and unsweetened: a black coffee first thing, or a straightforward [black tea](#) later in the day. A brisk everyday blend with a splash of milk is just as happy beside it.

The packs we stock

- [Belvita Duo Crunch Strawberry & Yogurt Cereal Snack Bars Multipack, 253g](#)

What the label says

The published ingredient list for Belvita Duo Crunch Strawberry & Yogurt Cereal Snack Bars Multipack, 253g says it contains wheat, barley, rye and oats (gluten), milk and soya, and it may contain egg and nuts. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: cereals 55,2 % [wheat flour 27,7 %, wholegrain cereals 27,5 % (oat flakes 11,7 %, wholegrain wheat flour 11,2 %, wholegrain barley flour 2,8 %, wholegrain rye flour 0,9 %, wholegrain spelt flour (wheat) 0,9 %)], sugar, vegetable oils (rapeseed, palm, coconut in varying proportions), glucose-fructose syrup, strawberry puree 4,7 %, humectant (glycerol), wheat starch, skimmed milk yoghurt powder 1,4 %, glucose syrup, minerals (calcium carbonate, magnesium carbonate, elemental iron), raising agents (sodium carbonates, disodium diphosphate, ammonium carbonates), emulsifiers (soya lecithins, sunflower lecithins), acidity regulators (citric acid, sodium citrate, malic acid, calcium citrates), blackberry concentrate 0,2 %, flavourings, salt, gelling agent (pectin), skimmed milk powder, strawberry concentrate 0,05 %.

Typical values per 100g Per 100g

Energy	453 kcal
Fat	14.4g
of which saturates	3g
Carbohydrate	69.2g
of which sugars	25.7g
Fibre	4.2g
Protein	7.1g
Salt	0.5g

Ingredient and nutrition data for this product: [Open Food Facts \(openfoodfacts.org\)](https://openfoodfacts.org), ODbL. The pack in your hands is the final word.

What to drink with it

- [Yorkshire Tea Original Loose Leaf Tea, 250g](#): a strong, plain loose-leaf breakfast brew that meets the cereal shell without adding any sweetness of its own.
- [Clipper Fairtrade Everyday Tea, 80 Pack 232g](#): a no-fuss everyday tea bag for the office mug, which is where these bars tend to end up.
- [Tetley Redbush Pure, 40 Tea Bags 100g](#): a plain [redbush](#) for later in the day, when you want the cup to stay out of the filling's way.

Elsewhere in the Belvita range

- [Belvita Chocolate Chip Cereal Biscuit Snack Bars, 5 x 45g](#)
- [Belvita Milk & Cereal Biscuit Snack Bars Multipack, 5 x 45g](#)
- [Belvita Minis Honey & Chocolate Chips Multipack Biscuit, 95g](#)
- [Belvita Sandwich Chocolate Hazelnut Breakfast Biscuits, 253g](#)

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

FAQ

Is Duo Crunch a biscuit or a cereal bar? A bit of both. It is sold as a breakfast biscuit but eats like a snack bar, with a dry cereal biscuit outside and a soft filling in the middle.

What allergens are in belVita Duo Crunch Strawberry & Yogurt? The published ingredient list names cereals containing gluten (wheat, barley, rye and oats) plus milk and soya, and warns it may contain egg and nuts. Always check the pack in your hand, as recipes change.

Can I save half a bar for later? It is not worth it. Once open, the dry base pulls moisture from the filling and loses its crunch within hours, so finish it in one go.

How is it different from belVita Soft Bakes? They sit at opposite ends of the belVita range. The Soft Bakes are soft and chewy all the way through, while Duo Crunch pairs a crunchy base with a soft centre.

Does it survive a warm bag? Better than most things on the biscuit shelf. No outer coating can melt, the centre is sealed in, and every bar has its own wrapper.

Curator's note: Keep a couple in the desk drawer for the mornings that go sideways, and pour something black and plain. The filling brings all the sweetness the moment needs. Lee, teas.co.uk, Tunbridge Wells.

In short: Belvita Duo Crunch Strawberry & Yogurt: Two Textures in One Bar

Field	Detail
Brand	Belvita
Packs we stock	253g

Field	Detail
Category	Breakfast Biscuits
Allergens (as published)	It contains wheat, barley, rye and oats (gluten), milk and soya, and it may contain egg and nuts.
Dunkable	No, the filling turns to paste
Best with	Black coffee or a plain black tea
Occasion	Bag, desk drawer or commute

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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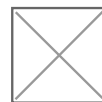
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