

Belvita Milk & Cereal Biscuits: Why They Want a Milky Drink

From the teas.co.uk wiki

Belvita Milk & Cereal Biscuits: Why They Want a Milky Drink, in summary: Five wrapped 45g packs of firm, grain-led cereal biscuit. It eats slowly and finishes dry, so the drink matters more than usual: anything with milk in it turns hard work into a proper breakfast biscuit.

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

Milk & Cereal is the belVita bar that most needs something to drink beside it. Understand why, and the dry, mealy reputation it has with some people stops being a problem.

Five packs, and what each one holds

The box holds five sealed packs of 45g, which makes 225g of biscuit in all. That catches people out, because the weight in the name is one portion rather than the whole box. Each pack is wrapped on its own, so the last one out of the box is in the same condition as the first, and that is the real reason to choose this format over a sleeve.

The label explains the texture. Cereals make up more than two thirds of the recipe, led by wheat flour, with a wholegrain share of wheat, oats, barley, rye and spelt. The milk in the name comes from whole milk powder and skimmed milk powder further down the list. A recipe built on grain rather than butter bakes firm and dry instead of short, and that is exactly how it eats.

The dry finish, and how to fix it

This is slow eating. The flavour builds as you chew, baked grain first with a gentle sweetness coming up underneath, and it leaves the mouth slightly dry and mealy afterwards. That finish is the usual reason people give up on these bars, but it is part of the design: something made to survive a bag and not scatter crumbs down a shirt has to be firm.

The fix is in the cup. Fat and liquid together clear a mealy finish, so pour tea with milk, a white coffee or simply a glass of cold milk. A strong breakfast blend with milk is our pick. [Black tea](#) and black coffee leave

the dryness where it was. And this is no dunker: it soaks up liquid almost instantly and drops into the mug before you can count to two.

Choosing between the belVita bars

Every belVita line is built on five wholegrains, portion packing and no colours or preservatives, so the choice between them comes down to texture. The [Chocolate](#) Chip version breaks up the mealiness with chips, which makes it easier to eat dry with nothing to drink. The Soft Bakes are chewy rather than dry and need a drink far less, but give up the firm bite.

Choose Milk & Cereal when a milky drink will be on the table: a mug of tea at the desk, the kitchen table, a flask on the train. Choose the Chocolate Chip bars for a lunchbox that gets eaten on its own. Keep unopened packs somewhere cool and dry; the individual wrappers look after the rest.

The packs we stock

- [Belvita Milk & Cereal Biscuit Snack Bars Multipack, 5 x 45g](#) (barcode 7622202018701)

What the label says

The published ingredient list for Belvita Milk & Cereal Biscuit Snack Bars Multipack, 5 x 45g (barcode 7622202018701) says it contains wheat, barley, rye and oats (gluten), milk and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: cereals 70,8% [wheat flour 50,8%, wholegrain cereals 20% (wholegrain wheat flour 6,4%, oat grits 4,5%, oat flakes 3,1%, whole barley flour 2,9%, whole rye flour 2,1%, spelt flour (wheat 1%)], sugar, rapeseed oil, bulking agent (polydextrose), mineral blend (calcium carbonate, magnesium carbonate, iron), whole milk powder 0,9% (equivalent whole milk 7,2%), raising agents (ammonium carbonates, sodium carbonates), emulsifiers (soya lecithins, e472e), flavourings, skimmed milk powder, salt.

Typical values per 100g Per 100g

Energy	443 kcal
Fat	14g
of which saturates	1.6g
Carbohydrate	68g
of which sugars	20g
Fibre	6.4g
Protein	8.1g
Salt	0.2g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The pack in your hands is the final word.

What to drink with it

- [Yorkshire Tea Original Everyday Blend, 80 Tea Bags 250g](#): a strong everyday brew that takes a proper splash of milk, which is exactly what clears the dry finish.
- [Glengettie Welsh Breakfast Tea, 80 Tea Bags 250g](#): a full Welsh breakfast cup that takes milk well, sturdy enough to stand beside a slow, grainy bar.
- [Twinings English Breakfast Decaffeinated, 80 Tea Bags 218g](#): the same milky breakfast pairing later in the day, decaffeinated.

Elsewhere in the Belvita range

- [Belvita Chocolate Chip Cereal Biscuit Snack Bars, 5 x 45g](#)
- [Belvita Duo Crunch Strawberry & Yogurt Cereal Snack Bars Multipack, 253g](#)
- [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

How much is in a box of belVita Milk & Cereal? Five individually wrapped packs of 45g, which makes 225g in total. The 45g in the name is a single portion.

Why do these bars taste so dry? They are baked firm and grain-heavy so they travel well, which leaves a mealy finish. A drink with milk in it clears it.

Why does a Milk & Cereal bar fall apart in tea? The dry, grainy bake drinks up liquid almost at once, so a dunked piece breaks off before you have counted to two. Keep it out of the mug.

Is there real milk in belVita Milk & Cereal? Yes. The published ingredient list includes whole milk powder and skimmed milk powder, and also shows wheat, barley, rye and oats (gluten) and soya. Check the current pack before buying, as recipes change.

Is belVita suitable for vegetarians? belVita states that its whole range suits vegetarians and that only some lines suit vegans, so read this pack if that matters to you.

Curator's note: Give it a mug of strong tea with milk and a few unhurried minutes, not a rushed dry mouthful at a desk. It rewards the slow approach. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Belvita Milk & Cereal Biscuits: Why They Want a Milky Drink

Field	Detail
Brand	Belvita
Packs we stock	5 x 45g
Category	Breakfast Biscuits
Allergens (as published)	It contains wheat, barley, rye and oats (gluten), milk and soya.
Dunkable	No, it drops almost at once
Best with	Tea with milk, a white coffee or cold milk

Field

Choose it for

Detail

A slow breakfast with a milky drink

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- [Tea and Biscuits](#)
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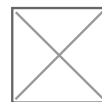
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