

Fox's Milk Chocolate Cookies: the mild one

From the teas.co.uk wiki

Fox's Milk Chocolate Cookies: the mild one, in summary: Thick and soft-textured, with milk chocolate chunks through the dough and no coating: the mild cookie of the range, and a safe pick for a mixed household. Twenty seconds in a low oven wakes it up; dunking does not.

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

Some [biscuits](#) are bought to be thought about; this one is bought so that everybody in the house will eat it. Of the cookies in the Fox's Chocolatey range, this is the most straightforward, and it is meant to be: mildness is the point, not a flaw.

Chunks, not a coating

The published label explains the texture. Milk [chocolate](#) chunks make up 27% of the cookie, carried through a dough of wheat flour, oatmeal, sugar, desiccated coconut and a little molasses. Because the chocolate sits inside the cookie rather than on it, there is no smooth coated face and no bare side either: every mouthful is the same soft, sweet bite from edge to middle.

Milk chocolate has fewer cocoa solids than dark, so there is less roasted bitterness and more of the creamy, vanilla-leaning side. That is why the cookie reads mild, and why people who claim not to care for chocolate biscuits often finish these happily. The label lists wheat, oats, milk and soya, and warns that it may contain nuts, so check it before a cookie goes into a lunchbox.

Warm it, do not dunk it

A cold cupboard mutes the aroma, and letting the cookies sit out at room temperature for twenty minutes returns much of it. For the full effect, give a cookie twenty seconds in a low oven: the chocolate loosens and the smell returns. Skip the microwave, which heats the dough unevenly and leaves the chunks hot rather than soft, and let the cookie sit for a moment before the first bite.

[Dunking](#) is the wrong instinct here. With no dry, crisp structure, a soft cookie gives way in hot tea, and the chunks soften before the dough around them, so it starts to fail before you can see it happening. If melted chocolate is what you are after, the low oven gets you there without losing half a cookie to the bottom of the mug.

A milky cup, no sugar

Milk in the mug mirrors the milk chocolate, so this is one of the rare biscuits where a generous splash helps instead of dulling things. Brew a strong everyday black blend properly, add plenty of milk and leave the sugar out, because the cookie has brought more than enough. A decaffeinated breakfast tea made the same way does the job in the evening.

Coffee drinkers are well served too. A short espresso gives the mild chocolate a bitter edge to sit against, and the pair makes a good mid-morning plate. For a softer, sweeter-leaning cup, a vanilla [rooibos](#) picks up the creamy side of the milk chocolate. Keep the packet folded shut between servings so the cookies hold on to their soft texture.

The packs we stock

- [Fox's Chocolatey Biscuits Milk Chocolate Cookies, 180g](#) (barcode 5010035068352)

What the label says

The published ingredient list for Fox's Chocolatey Biscuits Milk Chocolate Cookies, 180g (barcode 5010035068352) says it contains wheat and oats (gluten), milk and soya, and it may contain nuts. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Milk Chocolate Chunks 27% (Sugar, Cocoa Mass, Dried Whole Milk, Cocoa Butter, Dried Whey (Milk), Vegetable Fats (Palm, Shea, Sal, Mango Kernel), Emulsifier: Soya Lecithin), Palm Oil, Sugar, Oatmeal, Invert Sugar Syrup, Desiccated Coconut, Glucose Syrup, Molasses, Raising Agents: Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphates; Salt, Emulsifier: Soya Lecithin; Flavouring.

Typical values per 100g Per 100g

Energy	491 kcal
Fat	23.9g
of which saturates	12.6g
Carbohydrate	62.2g
of which sugars	30.9g
Fibre	1.7g
Protein	5.7g
Salt	0.5g

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

What to drink with it

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): a strong everyday black blend that takes a generous splash of milk, which is exactly what this cookie wants.

- [Twinings English Breakfast Decaffeinated 40, 109g](#): the same milky breakfast cup for the evening, without the [caffeine](#).
- [L'Or Espresso Supremo Coffee Intensity 10, 40 Pods 208g](#): a short, strong coffee whose bitterness gives a mild milk chocolate cookie something to push against.
- [Dragonfly Organic Vanilla Rooibos, 40 Tea Bags 100g](#): a vanilla rooibos for a gentler cup, its vanilla echoing the creamy side of milk chocolate.

Elsewhere in the Fox's range

- [Fox's Biscuits Chocolatey Biscuit Selection, 355g](#)
- [Fox's Biscuits Chocolatey Cookies Assortment, 365g](#)
- [Fox's Biscuits Classic Biscuit Selection, 275g](#)
- [Fox's Biscuits Jam 'n' Cream Raspberry & Vanilla Biscuits, 150g](#)
- [Fox's Biscuits Milk Chocolate Viennese, 120g](#)
- [Fox's Biscuits Rocky Caramel Biscuit Bars Multipack, 7 Pack 136.5g](#)

The full range is on the [Fox's brand page](#).

FAQ

Are Fox's Milk Chocolate Cookies coated? No. The chocolate is in the dough as chunks, 27% of the cookie per the published label, so there is no coated face.

Can you dunk Fox's Milk Chocolate Cookies? We would not. A soft cookie gives way in hot tea and the chunks soften before the dough, so it breaks up quickly.

Should I warm milk chocolate cookies? Twenty seconds in a low oven softens the chunks and revives the smell. Avoid the microwave.

Do they contain nuts? The published label says they may contain nuts, and that they contain wheat, oats, milk and soya.

What tea goes with milk chocolate cookies? A strong everyday [black tea](#) with plenty of milk and no sugar.

Curator's note: Twenty seconds in the oven, a big mug of strong tea with plenty of milk, and no sugar anywhere. It is the packet we would open for a table where we do not know everyone's taste. Lee, teas.co.uk, Tunbridge Wells.

In short: Fox's Milk Chocolate Cookies: the mild one

Field	Detail
Brand	Fox's
Packs we stock	180g
Category	Cookies
Allergens (as published)	It contains wheat and oats (gluten), milk and soya, and it may contain nuts.

Field	Detail
Better	Twenty seconds in a low oven, not a dunk
Best with	Strong black tea with plenty of milk
Suits	A mixed household or a table of guests

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](#)
- [Tea with Chocolate: Pair by Cocoa Percentage](#)
- [Tea and Chocolate Pairing](#)

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

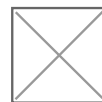
Welcome bonus + earn on every order.



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/