

Kinder Cards: two wafers, one cream, and why each is wrapped

From the teas.co.uk wiki

Kinder Cards: two wafers, one cream, and why each is wrapped, in summary: Two thin cocoa and milk wafers around a creamy milk and cocoa filling, each biscuit sealed on its own. Mild, light and gone in three bites; eat them beside a gentle cup rather than in it.

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

Kinder Cards were designed by a confectioner, not a biscuit baker, and it shows: the cream is the point and the wafer is simply how it reaches you. The single wrappers follow the same logic: they are there to keep that wafer crisp.

What is in a Kinder Card

Kinder describes each biscuit as a creamy milk and cocoa filling enclosed between cocoa and milk wafers. The published ingredients follow that: skimmed milk powder leads at 28 percent, then sugar and palm oil, with wheat flour at 15.5 percent and fat-reduced cocoa at 4 percent. It is mild and milky rather than chocolatey, which is why it suits children who turn away from anything dark.

Per the published label it contains milk, wheat and soya, and it may contain hazelnuts; Kinder also lists mustard as a possible trace. Read the pack in your hand before serving it to anyone with an allergy. The pack holds eight bars, 102.4g in total, so each one is small, and that is the other reason it works as a lunchbox biscuit rather than a plate one.

From Alba to the lunchbox

Kinder is the children's confectionery brand of Ferrero, the Italian family company now in its third generation. Ferrero dates the Kinder story to 1968 in Alba, Piedmont, when Michele Ferrero set out to make confectionery designed for children, beginning with Kinder [Chocolate](#). Kinder Surprise followed in 1974. The name is simply the German word for children, and the whole range is built around that audience.

Cards follow the same thinking. A baker begins with dough and tops it; a confectioner begins with the filling and builds the carrier around it. That is why the wafers are so thin and flat, and why each biscuit is sealed

separately. Open to the air, a wafer this fine softens within hours, and a soft wafer never comes back, so the wrapper is doing a real job.

Serving them with a cup

Do not [dunk](#) them. A wafer has no crumb to soften gradually; it collapses at once and the cream follows it into the tea. Eat them dry beside the cup instead. On a hot day, a short spell in the fridge sets the cream and makes the wafer crack more cleanly, but do not store them there, since a fridge is humid, and keep them out of a warm bag or a back pocket.

Keep the cup gentle. A heavy, stewed brew flattens the cream until only sweetness is left, so a round breakfast tea with plenty of milk, a milky coffee or a vanilla [rooibos](#) suits it better. For a mixed plate at tea time, with tastes pulling in different directions, a Kinder Card is the safe choice for the children and a light one for the adults.

The packs we stock

- [Kinder Cards Milk Chocolate Wafer Biscuit Snack Bars Multipack, 8 Bars 102.4g](#) (barcode 8000500312971)

What the label says

The published ingredient list for Kinder Cards Milk Chocolate Wafer Biscuit Snack Bars Multipack, 8 Bars 102.4g (barcode 8000500312971) says it contains wheat (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: Skimmed MILK powder (28%), sugar, palm oil, WHEAT flour (15.5%), fat-reduced cocoa (4%), emulsifier: lecithins (SOYA), salt, raising agent (sodium bicarbonate), vanillin. May contain HAZELNUTS.

Typical values per 100g Per 100g

Energy	508 kcal
Fat	26.2g
of which saturates	13.7g
Carbohydrate	55.9g
of which sugars	43g
Protein	11.3g
Salt	0.4g

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

- [Twinings English Breakfast Decaffeinated 40, 109g](#): Decaffeinated, so a milky breakfast cup beside the biscuit works just as well late in the afternoon.
- [Dragonfly Organic Vanilla Rooibos, 40 Tea Bags 100g](#): Vanilla in the cup echoes the vanillin on the ingredient list, and rooibos stays soft enough not to swamp the cream.
- [Yorkshire Tea Cherry Bakewell Brew, 40 Tea Bags 112g](#): A flavoured [black tea](#) that turns a light wafer into something closer to a small pudding.
- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): An everyday blend to make with plenty of milk, so the cup stays soft enough for the mild filling.

Elsewhere in the Kinder range

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

FAQ

What are Kinder Cards made of? Two thin cocoa and milk wafers around a creamy milk and cocoa filling. Skimmed milk powder is the first ingredient on the published list.

Can you dunk Kinder Cards? No. The wafer collapses at once instead of softening, so eat them beside the cup.

Why is each Kinder Card individually wrapped? To keep the wafer crisp. An exposed wafer softens within hours, and the wrapper also makes each biscuit a single portion.

Do Kinder Cards contain nuts? Hazelnuts are not an ingredient, but the published label warns they may be present, so check the pack before serving anyone with a nut allergy.

How many Kinder Cards are in a pack? Eight individually wrapped bars, 102.4g in total.

Curator's note: Keep a pack for when the grandchildren visit and pour the grown-ups something gentle and milky. Straight from a cool cupboard, the snap is the best part. Lee, teas.co.uk, Tunbridge Wells.

In short: Kinder Cards: two wafers, one cream, and why each is wrapped

Field	Detail
Brand	Kinder
Packs we stock	8 Bars 102.4g
Category	Wafers
Allergens (as published)	It contains wheat (gluten), milk and soya, and it may contain nuts.
Dunkable	No, eat it beside the cup
Best with	A milky breakfast tea or a vanilla rooibos
Occasion	Lunchbox, car or a children's tea

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- [Tea and Biscuits](#)
- [Biscuit Dunking Physics: The Real Science](#)

- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Tea With Cake: The Pairing That Never Fails \(If You Get It Right\)](#)
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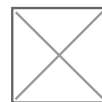
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