

Lu Le Petit Biscotte: Cinnamon, Brown Sugar and a Dry Snap

From the teas.co.uk wiki

Lu Le Petit Biscotte: Cinnamon, Brown Sugar and a Dry Snap, in summary: Biscotte is French for a dry, rusk-style bake, and this is a thin, crunchy biscuit carrying cinnamon and brown sugar. Dunk it for two seconds, keep it airtight, and pour an Assam or a medium-roast coffee.

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

The word on the front describes texture, not flavour: a biscotte is a dry bake made to snap and stay snapped. Lu has put cinnamon and brown sugar into that dry crumb, and the dryness is exactly what lets the spice travel.

Why a dry crumb carries spice

Fat holds on to aroma. A rich, buttery biscuit locks its spice into the crumb and lets it out slowly, while a dry, rusk-style bake gives it up almost at once. That is why an opened pack of Le Petit Biscotte smells so strongly of cinnamon and why the cinnamon arrives first in the bite; then the brown sugar settles in beneath it, giving a caramelised depth that plain sugar would not.

The published label is short and specific: wheat flour makes up 45% of the recipe, followed by sugar, palm oil, brown sugar, fructose-glucose syrup, whole egg, brown sugar syrup, a raising agent, a caramel colour, glucose syrup, cinnamon, salt and flavouring. By that list it contains wheat (gluten) and egg, so it is not one for a coeliac diet or for anyone avoiding egg.

Two seconds, and no longer

This is a biscuit built for [dunking](#), because a dry crumb has room inside it for the tea to go and softens evenly rather than collapsing. But it is thin and drinks fast. Keep it to two seconds; much longer and it is likely to end up at the bottom of the mug. Dunk one end, eat it, then go back for the other.

The same dryness makes [storage](#) matter. A dry biscuit soaks up damp from the air quicker than a buttery one, and the aroma fades before the crunch does: a pack left open in a warm kitchen smells of cinnamon on

the first day and of very little a few days later. Fold the sleeve tight and clip it, or tip the [biscuits](#) into an airtight tin.

Where it sits, and what to pour

Anyone who likes a Belgian caramelised biscuit will recognise the family resemblance: thin, crunchy, sweet with browned sugar and warmed with spice. It is not a copy, and we would not sell it as one; here cinnamon leads and the brown sugar follows. Within Lu's own Le Petit range it is the spiced, crunchy counterpart to the plain Petit Beurre, with no [chocolate](#), cream or filling anywhere.

For tea, pick something with weight. An [Assam](#) or a strong breakfast blend meets the cinnamon without being bullied by it, and the brown sugar rounds off the tannin. For coffee, a cafetière of medium roast or a short espresso both work. Something spiced in the cup, such as a [rooibos chai](#), turns the whole thing into an autumn afternoon.

The packs we stock

- [Lu Le Petit Biscotte Crunchy Cinnamon Brown Sugar Biscuits, 200g](#) (barcode 7622201499617)

What the label says

The published ingredient list for Lu Le Petit Biscotte Crunchy Cinnamon Brown Sugar Biscuits, 200g says it contains wheat (gluten) and egg. Read the current Biscotte pack before buying, as Lu may revise the recipe and its gluten and egg warning.

Ingredients, as published: WHEAT flour 45 %, sugar, palm oil, brown sugar 9,5 %, fructose-glucose syrup, liquid whole EGG, brown sugar syrup, raising agent (sodium carbonates), colour (caramel E150a), glucose syrup, cinnamon 0,2 %, salt, flavouring.

Typical values per 100g Per 100g

Energy	487 kcal
Fat	20.00g
of which saturates	9.70g
Carbohydrate	71.00g
of which sugars	41.00g
Fibre	1.40g
Protein	5.30g
Salt	0.79g

Ingredient and nutrition information for this product, as published on the manufacturer's label. Your pack of Petit Biscotte has the final word.

What to drink with it

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): a black tea blend to brew strong in a big mug, so the cup stands up to the cinnamon.
- [Clipper Fairtrade Everyday Tea, 80 Pack 232g](#): a plain, sturdy everyday tea for a big mug and a quick dunk.
- [L'Or Espresso Ristretto Coffee Pods, 10 Pods 52g](#): a short, intense coffee whose bitterness meets the brown sugar head on.
- [Dragonfly Organic Cape Chai Rooibos, 40 Tea Bags 80g](#): a spiced rooibos chai that echoes the cinnamon in the biscuit.

Elsewhere in the Lu range

- [Lu Le Petit Beurre Biscuits With Butter & a Hint of Salt, 167g](#)
- [Lu Le Petit Chocolat Chocolate Topped Biscuits, 100g](#)
- [Lu Le Petit Chocolat Dark Chocolate Biscuits, 100g](#)
- [LU Le Petit Citron Lemon Flavoured Soft Bakes, 5 Pack 140g](#)
- [Lu Le Petit Cookie with Chunky Rich Chocolate Chips, 184g](#)

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

FAQ

What does biscotte mean? In French it names a dry, rusk-like bake. On this pack it describes the crunchy texture rather than the flavour.

Is Le Petit Biscotte the same as Biscoff? No. Both are thin, crunchy biscuits built on caramelised sugar and warm spice, but they come from different bakers, and here cinnamon is the lead.

Can you dunk Lu Le Petit Biscotte? Yes, it suits dunking, but only for about two seconds, because it is thin and takes up tea quickly.

Does Lu Le Petit Biscotte contain egg? Yes. The published ingredient list includes whole egg, and it also contains wheat (gluten).

How do I keep the biscuits crunchy? Keep the sleeve tightly closed or move them to an airtight tin. A dry bake takes in moisture quickly once it is opened.

Curator's note: Dunk one end in a strong mug on a cold afternoon and it tastes like cinnamon toast. Clip the sleeve shut afterwards. Lee, teas.co.uk, Tunbridge Wells.

In short: Lu Le Petit Biscotte: Cinnamon, Brown Sugar and a Dry Snap

Field	Detail
Brand	Lu
Packs we stock	200g
Category	Biscuits
Allergens (as published)	It contains wheat (gluten) and egg.

Field	Detail
Dunkable	Yes, two seconds at most
Lead flavour	Cinnamon, then brown sugar
Best with	Assam, a breakfast blend or a medium-roast coffee

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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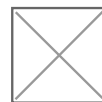
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