

McVitie's Gluten Free Original Hobnobs: Oats Without Gluten

From the teas.co.uk wiki

McVitie's Gluten Free Original Hobnobs: Oats Without Gluten, in summary: Rolled oats at 42% and wholegrain oat flour at 17% carry this gluten-free Hobnob, so the toasty character survives. The crumb breaks more easily than the wheat version, and it is best eaten dry beside a strong cup.

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

Of all the [biscuits](#) that have gone gluten free, we think the Hobnob loses the least, because rolled oats and syrup were already doing much of the binding. What you give up is a little strength in the crumb; the toast, the rough top and the dry oaty bite all stay.

What goes into a gluten-free Hobnob

Oats dominate the label: gluten free rolled oats at 42%, sugar, gluten free wholegrain oat flour at 17%, palm oil, golden syrup, a raising agent and salt. Oats carry the whole recipe, which is why the flavour stays toasty, nutty and dry, and why the craggy, lumpy top that gives a Hobnob its character comes through the change intact.

The allergen advice lists gluten-free oats, and oats contain avenin, a protein that some people with coeliac disease react to as well. The gluten-free declaration is McVitie's own, so anyone managing coeliac disease should check the current pack itself. At 150g it holds roughly half the biscuit of a standard McVitie's pack, so gram for gram it is not a straight replacement.

Dunking without losing it

A quick dip works if you keep it very short. Let the tea cool for a minute or two first, dip for no more than a second and eat it straight away. Gluten builds the web that holds a wet biscuit together, so this crumb lets go sooner than the wheat version does. We think it shows off the oats better eaten dry, with the mug beside it.

Nothing coats either face, so the oats stay at the front of the flavour, but there is also no sealed side to protect the biscuit in the cup. That is the main difference from the coated gluten-free Hobnob, which we also

stock. Choose this plain one for everyday eating, and for anyone who finds a [chocolate](#) biscuit too sweet alongside their tea.

Serving it to the whole household

The best reason to buy it is that nobody needs to be told it is gluten free. It goes on a plate beside the ordinary biscuits and gets eaten on its own merits, which is rare among free-from lines. Brew a sturdy breakfast tea with milk, a Welsh or an English blend, and it sits comfortably in the everyday round.

Its rough surface is good at holding a spread, so try it with butter and honey, or next to a piece of hard [cheese](#), which its dry, nutty bite handles well. A milky coffee works too. Once the pack is open, fold the wrapper tight or move the biscuits to a tin, because all that craggy surface takes on damp quickly.

The packs we stock

- [McVitie's Gluten Free Original Hobnobs Biscuits, 150g](#) (barcode 5000168195148)

What the label says

The published ingredient list for McVitie's Gluten Free Original Hobnobs Biscuits, 150g says it contains gluten-free oats. Oats contain avenin, a protein some people with coeliac disease also react to. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Gluten Free Rolled Oats (42%), Sugar, Gluten Free Wholegrain Oat Flour (17%), Vegetable Oil (Palm), Golden Syrup (Partially Inverted Sugar Syrup), Raising Agent (Sodium Bicarbonate), Salt.

Typical values per 100g Per 100g

Energy	479 kcal
Fat	20.7g
of which saturates	8.3g
Carbohydrate	62.2g
of which sugars	23.2g
Fibre	4.6g
Protein	8.8g
Salt	0.69g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The pack in your hands is the final word.

What to drink with it

- [Glengettie Welsh Breakfast Tea, 80 Tea Bags 250g](#): A Welsh breakfast blend brewed strong with milk, the sort of everyday cup a plain oat biscuit belongs beside.

- [Twinings English Breakfast Loose Tea, 125g](#): A loose [English breakfast](#) for the pot, full enough to meet the toasty oats without drowning them.
- [Twinings English Breakfast Decaffeinated, 80 Tea Bags 218g](#): A decaffeinated English breakfast for an evening plate of oat biscuits.
- [Teapigs Rooibos Creme Caramel, 15 Tea Bags, 37.5g](#): A caramel-scented [rooibos](#) that picks up the golden syrup in the biscuit.

Elsewhere in the McVitie's range

- [McVitie's Club Layers Orange, 39g](#)
- [McVitie's Club Mint Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Orange Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Salted Caramel Flavour Biscuit Bars Multipack, 7 x 22g](#)
- [McVitie's Dark Chocolate Digestive Biscuits, 266g](#)
- [McVitie's Digestive Pink Raspberry & Cream Flavour, Limited Edition, 232g](#)

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

FAQ

Do gluten free Hobnobs taste like normal Hobnobs? Very close. The rolled oat flavour and craggy top survive; the main difference is a more fragile crumb.

Can you dunk gluten free Hobnobs? Briefly. Let the tea cool for a minute or two, dip for a second at most and eat it straight away.

What are McVitie's Gluten Free Hobnobs made from? Gluten free rolled oats, sugar, gluten free wholegrain oat flour, palm oil, golden syrup, a raising agent and salt, per the published list.

What is avenin, and why does it matter here? Oats contain avenin, a protein some people with coeliac disease also react to. Anyone managing coeliac disease should check the current pack against their own dietary advice.

Is there a chocolate version? Yes. We also stock McVitie's Gluten Free Milk Chocolate Hobnobs, the same idea with milk chocolate on one face.

Curator's note: Put them on the plate with everything else and say nothing. That is the test they pass. Lee, teas.co.uk, Tunbridge Wells.

In short: McVitie's Gluten Free Original Hobnobs: Oats Without Gluten

Field	Detail
Brand	McVitie's
Packs we stock	150g
Category	Free From Biscuits

Field	Detail
Allergens (as published)	It contains gluten-free oats. Oats contain avenin, a protein some people with coeliac disease also react to.
Dunkable	Briefly, one second at most
Best with	A strong breakfast tea with milk
Also good with	Butter and honey, or hard cheese

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](#)
- [Allergens in tea: how to read the label](#)

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