

McVitie's Jaffa Cakes Digestives: The Jaffa You Can Dunk

From the teas.co.uk wiki

McVitie's Jaffa Cakes Digestives: The Jaffa You Can Dunk, in summary: The Jaffa pairing of orange and chocolate, moved onto a coarse wheatmeal digestive with caramel in the build. Unlike the sponge original it is a true biscuit: it dunks, goes soft when stale and keeps well in a tin.

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

Swap a soft sponge for a dry, faintly salted digestive and the famous orange and [chocolate](#) pairing gains something it never had: a base that can survive a mug of tea. Whatever side you take in the cake-or-biscuit argument, this one is plainly a biscuit.

What changes when the sponge becomes a digestive

A Jaffa Cake sits on a light sponge that turns hard as it stales and falls apart the moment it touches tea. This version swaps that for a coarse wheatmeal round, dry and crisp with a little salt in it. The effect is backbone: the orange and chocolate now have something firm underneath them, and the salt in the base quietly lifts the sweetness above it.

It also changes how the pack keeps. A dry biscuit fails by going soft, not hard, so once the 250g pack is opened the answer is the usual one for digestives: fold it tightly or tip the rest into an airtight tin. Treat it like a chocolate digestive in the cupboard, not like a sponge cake.

Reading the label: caramel and a flavour coating

The ingredient list is more revealing than the name. Flour makes up 33%, caramel 24% and a milk chocolate flavour coating 18%, with wholemeal wheat flour at 7% and natural orange flavouring near the end. So there is a sizeable caramel element here, made with sweetened condensed skimmed milk, and the coating is described as milk chocolate flavour rather than milk chocolate.

Orange and chocolate work together because they reach you at different moments. The orange is aromatic and quick, landing on the nose first and fading early, while the fatty coating melts more slowly and lingers. Add a toasted wheatmeal crunch and you have three things happening in turn. The published allergen statement lists wheat (gluten), milk and soya.

How to dunk it and what to brew

Hold it coated side up and give it about three seconds. That is long enough for the base to soften and pick up the tea, short enough for it to come out in one piece. It is the single biggest difference from the sponge original, which has no business going near a mug at all.

A medium [English breakfast](#), brewed for around three minutes with a splash of milk and no sugar, is the safe partner. The more interesting choice is a plain [Earl Grey](#): bergamot is itself a citrus oil, a relative of the orange, and it draws the orange forward. For coffee drinkers, a dark roast espresso stands up well to the caramel.

The packs we stock

- [McVitie's Jaffa Cakes Digestive Biscuits, 250g](#) (barcode 5000168015934)

What the label says

The published ingredient list for McVitie's Jaffa Cakes Digestive Biscuits, 250g (barcode 5000168015934) says it contains wheat (gluten), milk and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Flour (33%) (Wheat Flour, Calcium, Niacin, Iron, Folic Acid, Thiamin), Caramel (24%) [Glucose Syrup, Sweetened Condensed Skimmed Milk, Humectant (Glycerine), Palm Fat (Certified Sustainable), Salt, Emulsifier (E471)], Milk Chocolate Flavour Coating (18%) [Sugar, Vegetable Oils (Palm (Certified Sustainable), Shea), Cocoa Mass, Dried Skimmed Milk, Dried Whey (Milk), Butter Oil (Milk), Emulsifiers (Soya Lecithin, E476), Natural Flavouring], Palm Oil (Certified Sustainable), Wholemeal Wheat Flour (7%), Sugar, Glucose Fructose Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Salt, Natural Orange Flavouring.

Typical values per 100g Per 100g

Energy	478 kcal
Fat	21.4g
of which saturates	11.2g
Carbohydrate	65.6g
of which sugars	31.1g
Fibre	2.4g
Protein	5.7g
Salt	0.8g

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

- [PG Tips English Breakfast Special Blends Speciality Black, 70 Tea Bags](#): A classic English breakfast for the three-second [dunk](#), brewed medium with a splash of milk.
- [Yorkshire Tea Gold Blend Loose Leaf Tea, 250g](#): A fuller [loose leaf](#) pot for when the biscuit tin comes out at the weekend and the tea needs weight.
- [Starbucks Espresso Roast by NESPRESSO Coffee, Dark Roast, Box of 36, 198g](#): A dark roast espresso with enough depth to meet the caramel and the orange head on.
- [Good Earth Rooibos Chai, 15 Tea Bags 34.5g](#): Warm spice alongside orange and chocolate makes a wintry afternoon plate.

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

Is a Jaffa Cakes Digestive a cake or a biscuit? A biscuit. The base is a dry wheatmeal digestive, so it goes soft as it soaks, which is how [biscuits](#) behave.

Where does the orange flavour come from? The ingredient list names natural orange flavouring. The other main parts are caramel and a milk chocolate flavour coating on the wheatmeal base.

How long should I dunk it? About three seconds, held coated side up, then lift it straight out.

What tea goes best with Jaffa Cakes Digestives? A medium-strength English breakfast with milk is the safe choice. A plain Earl Grey is the adventurous one, because bergamot echoes the orange.

Should I buy these or plain chocolate digestives? Plain chocolate digestives for a no-fuss everyday round; these when you want the orange to be the point.

Curator's note: Tip an opened pack into a tin and try one with a plain Earl Grey before deciding it is an English breakfast biscuit. At last, a Jaffa you are allowed to dunk. Lee, teas.co.uk, Tunbridge Wells.

In short: McVitie's Jaffa Cakes Digestives: The Jaffa You Can Dunk

Field	Detail
Brand	McVitie's
Packs we stock	250g
Category	Chocolate Biscuits
Allergens (as published)	It contains wheat (gluten), milk and soya.

Field	Detail
Dunkable	Yes, about three seconds, coated side up
Best with	English breakfast with milk, or a plain Earl Grey
Keeps like	A chocolate digestive: seal it or tin it

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](#)
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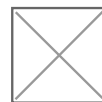
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