

McVitie's Light Rich Tea: Dunking the Plainest Biscuit

From the teas.co.uk wiki

McVitie's Light Rich Tea: Dunking the Plainest Biscuit, in summary: A thin, brittle, barely sweet wheat round built to go into tea. Treat its dunk window as shorter than the standard Rich Tea, start short and work up, and store the pack flat in a tin.

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

A Rich Tea is already the quickest biscuit on our shelf to soak up tea, and the Light version asks you to be quicker still. The trick is to start with a very short dip and lengthen it, never the other way round.

What Light means on this pack

Light is the brand's own range name for this version of Rich Tea, and in the UK a claim of that kind is regulated. The specifics belong on the current pack, which is where anyone buying it for a particular dietary reason should read them. What matters day to day is the eating: a plain toasted wheat note, very little sweetness and a clean, quiet snap.

The published ingredient list is short: flour, sugar, sunflower oil, glucose-fructose syrup, barley malt extract, emulsifiers, raising agents and salt. The allergen statement for this barcode lists wheat and barley (gluten) and soya. Anyone avoiding gluten should look instead at the brand's Gluten Free Hobnobs, which are its gluten-free option.

A shorter dunk, done properly

Fat slows the passage of hot tea through a biscuit crumb, so if a lighter round carries less of it, tea will travel through faster. We cannot give figures for this pack, but the practical advice costs nothing: begin with a dip of a second and a half and work up from there, rather than starting at three seconds and finding out the hard way.

A Rich Tea fails suddenly, and nearly always at the tea line, where a soaked half is holding up a dry one. Grip it by the edge and lift it straight up rather than tilting it out. A freshly poured mug is the least forgiving; one that has cooled for a minute gives you more time. A second dip seldom ends well.

Storing a loose, brittle pack

The 300g pack comes without inner sleeves, and such a thin, fine-crumbed round chips at the edges when it travels or stands upright. Carry it home flat, and once it is open, lay the [biscuits](#) flat in a tin. A chipped Rich Tea carries its own weight badly, which is exactly when a [dunk](#) goes wrong.

Compared with the standard Rich Tea, this is the less forgiving dunker and arguably the plainer biscuit, which is saying something. It suits a household that already eats Rich Tea and likes a mild cup with milk. Eaten dry it has little to say, and it is no [cheese](#) biscuit; it exists for the mug.

The packs we stock

- [McVitie's Light Rich Tea Biscuits, 300g](#) (barcode 5000168124643)

What the label says

The published ingredient list for McVitie's Light Rich Tea Biscuits, 300g (barcode 5000168124643) says it contains wheat and barley (gluten) and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: flour (wheat flour, calcium, iron, niacin, thiamin), sugar, vegetable oil (sunflower), glucose-fructose syrup, barley malt extract, emulsifiers (soya lecithin, e472e), raising agents (sodium bicarbonate, ammonium bicarbonate, potassium bicarbonate), salt.

Typical values per 100g Per 100g

Energy	452 kcal
Fat	15.8g
of which saturates	1.5g
Carbohydrate	66.6g
of which sugars	12.8g
Fibre	7.3g
Protein	7.2g
Salt	0g

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

- [Hyson Premium Breakfast Tea, 100 Tea Bags 180g](#): An everyday breakfast tea, brewed on the light side with milk, for the milder cup that Rich Tea suits.
- [Twinings English Breakfast Plant Based, 40 Tea Bags 100g](#): An [English breakfast](#) brewed briefly, so that a plain biscuit can stay plain.
- [Yorkshire Tea Original Loose Leaf Tea, 250g](#): For a proper pot at [elevenses](#), left to cool for a minute so the dunk is more forgiving.

- [Dragonfly Organic Earl Grey Rooibos, 40 Tea Bags 100g](#): Bergamot on a [redbush](#) base adds the fragrance this biscuit deliberately leaves out.

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

What does Light mean on McVitie's Rich Tea? It is the brand's own range name, and it is a regulated type of claim in the UK. Read the current pack for exactly what it refers to.

How long should you dunk a Light Rich Tea? Start with about a second and a half and lengthen it if the biscuit holds. It gives no warning before it breaks.

Why does a Rich Tea always break at the same place? The break comes at the tea line, where a soaked section is carrying the weight of the dry half. Lift it straight up by the edge.

Does Light Rich Tea contain gluten? Yes. The published allergen statement lists wheat and barley (gluten), as well as soya.

How should I store it? Flat, in a tin, once the pack is open. Standing thin biscuits on their edge chips them.

Curator's note: Let the tea stand for a minute, hold the biscuit by the rim and count a second and a half. It is a small ritual, but it saves a lot of biscuits from the bottom of the mug. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: McVitie's Light Rich Tea: Dunking the Plainest Biscuit

Field	Detail
Brand	McVitie's
Packs we stock	300g
Category	Biscuits
Allergens (as published)	It contains wheat and barley (gluten) and soya.
Dunkable	Yes, but briefly: start at a second and a half
Best with	A mild breakfast tea with milk
Store	Flat in a tin

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 \(If You Get It Right\)](#)
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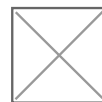
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