

McVitie's Caramel Digestives: Closer to Pudding

From the teas.co.uk wiki

McVitie's Caramel Digestives: Closer to Pudding, in summary: Caramel joins the milk chocolate on the sweet side of a digestive, so it eats rounder, deeper and a clear step sweeter than the plain one. Dunk briefly, brew the tea strong and unsweetened, and keep the pack cool.

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

Caramel on a digestive only works if it brings a toasted, faintly bitter edge rather than simply more sugar. Put it beside a cup strong enough to meet it and it tastes rich and rounded; beside a weak one it is merely sweet.

What the caramel does to a digestive

A plain [chocolate](#) digestive is a balancing act: a dry, faintly salted wheatmeal base pushing back against a sweet coating. Adding caramel puts more weight on the side that was already winning, so the base has to work harder and its salt has more sweetness to answer. Done well, the result is rounder and deeper rather than just sweeter.

Caramel is sugar cooked until it colours and picks up a trace of bitterness, and that trace is why it belongs on a biscuit at all. It is also stickier than chocolate, so the finish lasts longer and there is more for the cup to clear. The published allergen statement for this barcode lists wheat (gluten), milk and soya.

A two-second dunk and a four-minute brew

Caramel softens in heat more quickly than chocolate does, and it is the first part to give way. [Dunk](#) with the coated face up for about two seconds, a shade less than you would give the plain milk chocolate version, and lift it out cleanly.

Brew the tea for four minutes rather than three, add a splash of milk and leave out the sugar; the biscuit has done the sweetening already. Coffee is an even better match than it is for the plain digestive, since coffee bitterness against caramel is a long-standing partnership. Choose it black or with milk, but never flavoured or sweetened.

When to open this pack

In our view this is not the house default. It eats closer to a pudding than the familiar plain round, and once the [biscuits](#) are out of the wrapper they look much like the plain milk chocolate ones, so a mixed tin leaves you guessing until the second bite. Keep them in their own pack or tin.

Its moment is after a meal, when nobody is making dessert and a plain biscuit would feel like an afterthought: one each, with an unsweetened cup. It is also the one to hand to someone who claims not to like digestives, since the dry, savoury base they object to is well covered here. Store the 250g pack cool, sealed and away from the kettle.

The packs we stock

- [McVitie's Milk Chocolate Digestive Biscuits the Caramel One, 250g](#) (barcode 5000168035659)

What the label says

The published ingredient list for McVitie's Milk Chocolate Digestive Biscuits the Caramel One, 250g (barcode 5000168035659) says it contains wheat (gluten), milk and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Typical values per 100g Per 100g

Energy	533 kcal
Fat	21.7g
of which saturates	11.4g
Carbohydrate	66.3g
of which sugars	31.3g
Fibre	2.4g
Protein	5.4g
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

- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): A strong, brisk blend that can take the full four minutes and still clear the sticky caramel finish.
- [L'Or Espresso Supremo Coffee Intensity 10, 40 Pods 208g](#): Coffee bitterness against caramel is the classic after-dinner combination, and this intense espresso makes the case.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): For the after-dinner plate, a breakfast-style cup with the [caffeine](#) removed, brewed long and taken without sugar.

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

How is the Caramel One different from a plain milk chocolate digestive? Caramel joins the chocolate on the sweet side of the biscuit. It is rounder and deeper, and noticeably sweeter, so the base and the cup both have more to do.

Why does a caramel digestive need a shorter dunk? The caramel softens in heat faster than chocolate does and gives way first, so allow about two seconds, coated side up, which is less than the plain version needs.

Is coffee or tea better with caramel digestives? Both work, but coffee cuts the caramel more decisively. Keep either one free of sugar and flavourings.

Are caramel digestives suitable for someone avoiding milk? No. The published allergen statement for this barcode lists milk, along with wheat (gluten) and soya.

Where should I keep the pack? Sealed, in a cool, dark cupboard well away from the kettle, since caramel copes with warmth worse than chocolate does.

Curator's note: Save these for after supper, one each, with coffee or a long-brewed tea and no sugar anywhere near it. As an everyday biscuit it is too rich; as a stand-in for pudding it is spot on. Lee, teas.co.uk, Tunbridge Wells.

In short: McVitie's Caramel Digestives: Closer to Pudding

Field	Detail
Brand	McVitie's
Packs we stock	250g
Category	Chocolate Biscuits
Allergens (as published)	It contains wheat (gluten), milk and soya.
Dunkable	Yes, about two seconds, coated side up
Occasion	After a meal, in place of dessert
Best with	Unsweetened coffee or a four-minute brew

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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 \(If You Get It Right\)](#)
- [Tea and Food Pairing: The Five Principles](#)
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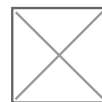
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