

Nairn's Gluten Free Biscuit Breaks Oats & Fruit: the everyday dunker

From the teas.co.uk wiki

Nairn's Gluten Free Biscuit Breaks Oats & Fruit: the everyday dunker, in summary:

Currants, gluten free oats and no coating. The open oat crumb takes a proper dunk, the fruit does much of the sweetening, and it suits almost any cup of tea from builder's to rooibos.

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

A [shortbread](#) or a thin coated biscuit gives up in hot tea; this one is built not to. An oat crumb is open and rough, so the tea has somewhere to go, and the biscuit lifts out of the mug intact.

Oats, currants and not much else

The published ingredient list is short and led by gluten free wholegrain oats at 66%. Palm fruit oil comes next, then currants at 13%, brown sugar, golden syrup, tapioca starch, a raising agent and a pinch of sea salt. Because the fruit supplies much of the sweetness, the sugar impression stays modest, and the biscuit finishes dry and clean, reading as something nearer food than confectionery.

The currants sit in pockets rather than evenly through the bake, so some bites are plain toasted oat and others bring a burst of chewy sweetness. That unevenness is the nature of a fruited biscuit and keeps the eating interesting. Biscuit Breaks is Nairn's name for this portioned line, and at 160g it is a working pack for a bag, a desk drawer or a mid-morning mug.

How an oat biscuit survives the mug

A fine wheat biscuit or a thin coated one gives way quickly in hot tea. An oat biscuit behaves differently: the crumb is open and uneven, so the tea has room to spread and the structure holds. Give it four seconds, or five if you are feeling bold, and it still comes out whole; that staying power is where an oat bake beats a fine-crumbed or coated biscuit. The crumbs on the plate come from the same open texture.

Almost any cup suits it. A builder's tea, a breakfast blend, a [rooibos](#) or a milky coffee all sit comfortably, because oats are neutral enough not to argue with the drink. The one cup it would slightly overwhelm is a very delicate [green tea](#). For something more playful, a cherry bakewell flavoured [black tea](#) turns the currants

into a nod to a fruit tart.

Keeping, carrying and baking with them

An oat biscuit goes soft before it goes stale, losing its texture while the flavour holds. Close the pack firmly after opening, or tip the [biscuits](#) into a tin, and keep them somewhere dry. With no [chocolate](#) or cream on the outside there is nothing to melt, so the pack is a safe choice for a lunchbox, a coat pocket on a walk or a warm car.

They earn their keep away from the tea tray too. Crumbled over thick yoghurt they land somewhere between a biscuit and breakfast, and broken up they turn into a coarse gluten free crumble topping that hardly needs extra sugar, since the currants bring their own.

The packs we stock

- [Nairn's Gluten Free Biscuit Breaks - Oats & Fruit, 160g](#) (barcode 612322030018)

What the label says

The published ingredient list for Nairn's Gluten Free Biscuit Breaks - Oats & Fruit, 160g (barcode 612322030018) 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 Wholegrain Oats (66%), Sustainable Palm Fruit Oil, Currants (13%) (Currants, Sunflower Oil), Brown Sugar, Partially Inverted Refiners Syrup; Lyles Golden Syrup, Tapioca Starch, Raising Agents (Ammonium Carbonates, Sodium Carbonates), Natural Flavouring, Sea Salt.

Typical values per 100g Per 100g

Energy	460 kcal
Fat	18.6g
of which saturates	7.5g
Carbohydrate	61.8g
of which sugars	17.6g
Fibre	6g
Protein	8.4g
Salt	1g

Ingredient and nutrition data for this barcode: [Open Food Facts \(openfoodfacts.org\)](https://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 everyday blend that the oat crumb can stand a proper [dunk](#) in.
- [Yorkshire Tea Cherry Bakewell Brew, 40 Tea Bags 112g](#): a cherry bakewell flavoured black tea that turns the currants into a small fruit-tart moment.
- [Dragonfly Organic Vanilla Rooibos, 40 Tea Bags 100g](#): a soft vanilla rooibos for later in the day, easy company for toasted oats.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): the same breakfast-blend dunk in the evening, from a decaffeinated cup.

Elsewhere in the Nairn's range

- [Nairn's Caramelised biscuit moments, 170g](#)
- [Nairn's Dark Chocolate Chip Oat Biscuit, 200g](#)
- [Nairn's Decadent Dark Chocolate & Real Orange Oat Biscuits, 200g](#)
- [Nairn's Gluten Free Biscuit Breaks - Oats & Chocolate Chip, 160g](#)

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

FAQ

What fruit is in Nairn's Oats & Fruit Biscuit Breaks? The published ingredient list names currants, which make up 13% of the biscuit.

How long can you dunk a gluten free oat biscuit like this? About four seconds comfortably, and a little longer if you are quick. The open oat crumb gives the tea room without losing its shape.

Are they gluten free? Yes, they are labelled gluten free and made with gluten free oats. The label notes that oats contain avenin, a protein some people with coeliac disease also react to.

Do they travel well? Yes. There is no coating to melt, so they cope with a bag, a lunchbox or a warm car.

How do they differ from the chocolate chip version? Same 160g pack and the same oat base. This one is plainer and suits more drinks; the chocolate chip version is sweeter.

Curator's note: This is the free-from pack the whole house ends up eating, not just the person it was bought for. A mug of strong tea, a four-second dunk and it is gone. Lee, teas.co.uk, Tunbridge Wells.

In short: Nairn's Gluten Free Biscuit Breaks Oats & Fruit: the everyday dunker

Field	Detail
Brand	Nairn's
Packs we stock	160g
Category	Free From Biscuits
Allergens (as published)	It contains gluten-free oats. Oats contain avenin, a protein some people with coeliac disease also react to.
Dunkable	Yes, about four seconds

Field	Detail
Best with	Almost any tea, strong or mild
Occasion	Mid-morning, lunchbox, walks

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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](#)
- [Scottish Biscuits and Tea: What Pairs With What](#)
- [Allergens in tea: how to read the label](#)

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