

Nairn's Gluten Free Oat & Ginger Biscuit Breaks: warm spice on an oat base

From the teas.co.uk wiki

Nairn's Gluten Free Oat & Ginger Biscuit Breaks: warm spice on an oat base, in summary: Stem ginger and ground ginger in a gluten free oat biscuit, 16 to the pack in sealed pouches of four. It takes a four to five second dunk and wants an unsweetened cup of tea.

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

Ginger suits an oat biscuit for a reason beyond tradition. A rough, open oat crumb holds spice well, and baking softens raw ginger's bite into something warm and rounded rather than fierce.

Two kinds of ginger

The published ingredient list is led by gluten free wholegrain oats at 66%, then palm fruit oil, brown sugar and stem ginger at 8.3%, the stem ginger listed with its own sugar. Ground ginger appears further down, alongside tapioca starch, golden syrup and sea salt. So there are two sources of ginger at work: stem ginger through the bake and a ground spice warming the dough itself.

In the mouth the ginger lifts first, warm and rounded, and the oat follows with a nutty, substantial chew and a faint sweetness of its own. The finish is dry and lingering. The flakes interrupt the crumb, so the biscuit breaks softly and crumbles rather than giving a sharp snap, and that looser texture is where a warm spice earns its place.

How the pack is built

Inside the 160g pack are 16 [biscuits](#), split into four sealed pouches, which suits an oat biscuit more than most. An oat biscuit holds more natural fat than a plain wheat one, which means an opened pouch fades sooner than its dry feel suggests. Opening one pouch at a time keeps the rest in good order; store any loose biscuits airtight, cool and dry.

The pack is labelled gluten free and carries the Coeliac UK Crossed Grain symbol. Keeping gluten out of an oat biscuit is a supply chain job: oats usually share a crop rotation, harvesters and mills with wheat, so the

whole route from field to bag must be kept separate. Nairn's also sells Wheat Free Ginger Biscuits in its main range, which is a different claim, so check which box you are buying.

Dunking and the cup

This is a biscuit that rewards a [dunk](#). The rough, open crumb takes up tea slowly, so four to five seconds is comfortable, longer than most wheat biscuits manage before they give way. Lift it out cleanly, eat it straight away, and do not go back for a second dip with the same biscuit.

Keep the cup unsweetened. There is not much sugar in the biscuit, and sugar in the mug flattens the ginger. A standard [black tea](#) brewed for about three minutes with a splash of milk is the safe choice. A [chai rooibos](#) echoes the spice for an evening cup, and a plain ginger infusion works better than it sounds, because the baked ginger is rounded while the infusion is sharp. For [cheese](#), reach for the plain Oaties instead.

The packs we stock

- [Nairn's Gluten Free Oat & Ginger Biscuit Breaks, 160g](#) (barcode 612322000028)

What the label says

Ingredients, as published: Gluten Free Wholegrain Oats (66%), Sustainable Palm Fruit Oil, Brown Sugar, Stem Ginger (8.3%) (Stem Ginger, Sugar), Tapioca Starch, Ground Ginger, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Partially Inverted Refiners Syrup; Lyles Golden Syrup, Sea Salt.

Typical values per 100g Per 100g

Energy	460 kcal
Fat	19g
of which saturates	8g
Carbohydrate	62g
of which sugars	17g
Fibre	6g
Protein	8g
Salt	5g

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

- [Twinings English Breakfast Decaffeinated 40, 109g](#): a decaffeinated breakfast blend with a splash of milk and no sugar, for a dunk at any hour.
- [Dragonfly Organic Cape Chai Rooibos, 40 Tea Bags 80g](#): a chai-spiced rooibos whose warm spices run alongside the ginger.

- [Dragonfly Organic Vanilla Rooibos, 40 Tea Bags 100g](#): vanilla softens the ginger's warmth in a gentle evening 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

How many biscuits are in a pack of Nairn's Oat & Ginger Biscuit Breaks? 16, in four sealed pouches of four, making up the 160g pack.

How long can you dunk a ginger oat biscuit? Four to five seconds. The open oat crumb absorbs tea slowly, so it holds together longer than a wheat biscuit.

Is the ginger strong? Warm rather than fierce. Baking rounds off fresh ginger's sharpness, so it reads as spice rather than heat.

Is this the same as Nairn's Wheat Free Ginger Biscuits? No. This pack is labelled gluten free and carries the Coeliac UK Crossed Grain symbol; wheat free is a different claim, so read the box.

What tea goes with ginger biscuits? An unsweetened black tea with a little milk, a chai-spiced rooibos, or even a plain ginger infusion.

Curator's note: Leave the sugar bowl where it is. An unsweetened cup lets the ginger show, and a five-second dunk is about as far as I would push it. Lee, teas.co.uk, Tunbridge Wells.

In short: Nairn's Gluten Free Oat & Ginger Biscuit Breaks: warm spice on an oat base

Field	Detail
Brand	Nairn's
Packs we stock	160g
Category	Free From Biscuits
Dunkable	Yes, four to five seconds
Best with	Unsweetened black tea or chai rooibos
Occasion	Mid-morning or afternoon

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- [Tea Pairing Principles: Reason, Don't Memorise](#)

- [Tea With Cake: The Pairing That Never Fails \(If You Get It Right\)](#)
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