

Oreo Crunchy Bites: The Oreo Without the Twist

From the [teas.co.uk](https://teas.co.uk/wiki) wiki

Oreo Crunchy Bites: The Oreo Without the Twist, in summary: Bite-size cocoa biscuits with vanilla creme enclosed, in a 110g pack. Cocoa comes first and the crunch is firmer than the round sandwich, but there is nothing to twist or dunk. Choose them if the classic seems too sweet.

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

Crunchy Bites keep the Oreo flavour and drop the Oreo ritual: no twisting apart, no creme-first debate and nothing to hold over a mug. What you gain is a handful that tastes more of cocoa and crunches harder than the round biscuit.

Cocoa first, crunch all at once

Shrink the biscuit and the balance shifts. A small piece has more exposed edge for its size, and that edge is cocoa biscuit, so the bitter, roasted note reaches you before the vanilla does. In the round sandwich you bite through disc and then creme in two distinct stages; in a bite the creme is enclosed, so it follows the crumb as sweetness rather than announcing itself as a flavour.

Texture moves in the same direction. With no soft layer to meet first, the crunch is firmer and arrives in one go, and the finish is drier and quicker to clear than the round biscuit's. The result eats less rich than the classic, which is exactly why a second handful feels easy rather than heavy.

Bites or the round biscuit

Buy the round sandwich if the ritual is the point. Everybody knows how to eat it, and the twist and the [dunk](#) are half the pleasure. Buy the bites if you have always found the classic a touch too sweet, or if you want something to share from a bowl during a film. The cocoa is more forward here, and that is a real difference in the eating rather than a marketing line.

They are not the lunchbox choice. An opened pack of small pieces does not travel well in a school bag, and the wrapped Oreo Lunchbox multipack of the round sandwich does that job properly. Small pieces also go soft faster than a big biscuit, because more of each one is exposed to the air, so fold the 110g pack firmly shut or tip it into a tin once opened.

A strong cup, no dunking

There is no dunking a bite. It has no handle and no margin for error, and it will have sunk out of reach before you have made up your mind whether it was in long enough. That is a problem of shape rather than timing, so no amount of care will fix it. Eat them from the hand or from a small bowl set beside the cup instead.

Because the cocoa is more pronounced, these can take a black cup. Brew a strong [black tea](#) without sugar as the hot partner, and add milk only if you want it. An espresso works too, its bitterness meeting the cocoa head on. Later in the day, a decaffeinated breakfast tea brewed strong gives the same balance without the [caffeine](#).

The packs we stock

- [Oreo Crunchy Bites Original Vanilla Biscuits, 110g](#) (barcode 7622202386176)

What to drink with it

- [Yorkshire Tea Original Everyday Blend, 80 Tea Bags 250g](#): A strong black everyday tea that these cocoa-forward bites can take with or without milk.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): The same strong breakfast cup for the evening, decaffeinated.
- [Lavazza Espresso Maestro Intenso Nespresso Compatible, 10 Capsules](#): An intense Nespresso-compatible espresso whose bitterness meets the cocoa directly.

Elsewhere in the Oreo range

- [Oreo BTS Brown Sugar Pancake Cocoa Sandwich Biscuit Pack, 157g](#)
- [Oreo Chocolate Brownie Sandwich Biscuits, 154g](#)
- [Oreo Cookie Dough Flavour Cocoa Sandwich Biscuit Pack, 157g](#)
- [Oreo Double Creme Cocoa Sandwich Cookies with Vanilla Flavour Biscuits Pack, 157g](#)
- [Oreo Gingerbread Flavour Sandwich Biscuit, Limited Edition, 154g](#)
- [Oreo Golden Cookie Sandwich Biscuits, 154g](#)

The full range is on the [Oreo brand page](#).

FAQ

Can you twist Oreo Crunchy Bites apart? No. The creme is enclosed inside each bite, so there is nothing to separate; they are made to be eaten whole, by the handful.

Why do Crunchy Bites taste more of cocoa? Shrinking the biscuit leaves more of its surface as cut edge, and that edge is cocoa biscuit, so the cocoa arrives earlier and reads stronger.

Can you dunk them? Not really. A bite has nothing to hold on to and sinks before you can judge it.

How many bites are in a pack? The pack weighs 110g; the piece count is printed on the current pack.

Are they good for lunchboxes? Not especially. The wrapped Oreo Lunchbox multipack of the round biscuit travels far better than an opened pack of bites.

Curator's note: Tip them into a bowl for film night and put a pot of strong tea on. If somebody misses the twist, the round ones are in the next cupboard. Lee, teas.co.uk, Tunbridge Wells.

In short: Oreo Crunchy Bites: The Oreo Without the Twist

Field	Detail
Brand	Oreo
Packs we stock	110g
Category	Biscuits
Dunkable	No, too small to hold
Best with	Strong black tea, milk optional
Occasion	Sharing from a bowl

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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