

# Oreo Double Creme: The Twist, the Milk and the Fridge Test

From the teas.co.uk wiki

**Oreo Double Creme: The Twist, the Milk and the Fridge Test, in summary:** About double the usual vanilla-flavour creme, between unchanged cocoa discs. The filling becomes the body of the biscuit, so it twists apart cleanly, dunks best in cold milk and is worth trying chilled. Drink something unsweetened alongside.

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

**Double Creme adds nothing new; it changes the ratio, and the ratio changes how the biscuit is best eaten.** With the creme now the main event, the twist, the [dunk](#) and even the fridge all behave differently from the standard pack.

## Why the twist works better

Oreo has one of the few biscuit rituals anyone can name: twist it apart, lick the middle, dunk the rest. A thicker layer of creme suits the first step. There is more to scrape, and it lets go of the discs more cleanly, so the halves come away whole instead of cracking. The sandwich also flexes a little before it breaks, which makes the twist easier than on a regular biscuit.

The flavour balance moves with it. In the standard Oreo the dry cocoa disc leads and the creme is a sweet line through the middle. Here the creme becomes the body and the discs become the casing: sweeter, gentler to bite and longer on the tongue. The published label shows a sugar-led recipe, with sugar listed ahead of wheat flour, and declares wheat (gluten) and soya.

## Milk for dunking, not tea

Cold milk is the traditional partner and, for this pack, the right one. The creme is fat-based and shrugs off liquid, so in cold milk the discs soften while the filling stays exactly where it is. That makes Double Creme a better milk dunker than most [biscuits](#) in the tin; give it a few seconds and lift it out while the discs are soft but still in one piece.

Hot tea is a different story. The same water-shy filling means you end up with soggy discs around a centre that has not changed at all, which is more odd than pleasant. If you want a hot drink, keep the biscuit out of it: a black coffee or a strong tea without sugar gives the sweetness some opposition. Skip [hot chocolate](#) and sweetened lattes, which pile sweet on sweet.

## Try one from the fridge

Chilling is worth one experiment. In the cold the filling sets firmer, the discs break with a clean crack rather than bending, and the sugar comes across more quietly, because sweetness registers less strongly on the tongue when food is cold. The catch is that you lose the soft, yielding centre this version exists to deliver, so a chilled Double Creme is a matter of preference rather than an improvement.

The fairest test is side by side: one biscuit straight from the cupboard, one that has had a spell in the fridge, eaten with the same glass of milk. It is also the quickest way to find out which part of an Oreo you really eat it for. Creme people should stay with this pack; disc people will get more of what they like from the Original.

## The packs we stock

- [Oreo Double Creme Cocoa Sandwich Cookies with Vanilla Flavour Biscuits Pack, 157g](#) (barcode 7622300753320)

## What the label says

The published ingredient list for Oreo Double Creme Cocoa Sandwich Cookies with Vanilla Flavour Biscuits Pack, 157g says it contains wheat (gluten) and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

**Ingredients, as published:** Sugar, WHEAT flour, palm oil, rapeseed oil, WHEAT starch, fat reduced cocoa powder 3,3%, glucose-fructose syrup, raising agents (ammonium carbonates, potassium carbonates, sodium carbonates), salt, emulsifier (SOYA lecithins), acidity regulator (sodium hydroxide), flavouring.

### Typical values per 100g Per 100g

|                    |          |
|--------------------|----------|
| Energy             | 497 kcal |
| Fat                | 23.00g   |
| of which saturates | 7.40g    |
| Carbohydrate       | 68.00g   |
| of which sugars    | 43.00g   |
| Fibre              | 2.10g    |
| Protein            | 4.20g    |
| Salt               | 0.57g    |

*Ingredient and nutrition information for this product, as published on the manufacturer's label. The pack in your hands is the final word.*

## What to drink with it

- [Starbucks Espresso Roast by NESPRESSO Coffee, Dark Roast, Box of 36, 198g](#): A dark-roast Nespresso capsule, taken black, to set real bitterness against a very sweet creme.
- [Yorkshire Tea Gold Blend Loose Leaf Tea, 250g](#): A strong loose-leaf tea, unsweetened, for those who want a hot cup beside the biscuit rather than under it.
- [Twinings English Breakfast Loose Tea, 125g](#): A brisk loose [English Breakfast](#), brewed long, with enough grip to cut through the doubled filling.

## 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 Crunchy Bites Original Vanilla Biscuits, 110g](#)
- [Oreo Gingerbread Flavour Sandwich Biscuit, Limited Edition, 154g](#)
- [Oreo Golden Cookie Sandwich Biscuits, 154g](#)

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

## FAQ

**What is different about Oreo Double Creme?** Just the filling. The cocoa discs are unchanged, and the vanilla-flavour creme between them is about double the usual amount.

**Is Double Creme a chocolate biscuit?** The discs are made with fat-reduced cocoa powder, so strictly it is a cocoa biscuit, not a chocolate-coated one.

**Can you dunk Double Creme in tea?** You can, but milk suits it far better. In hot tea the discs go soggy around a filling that does not change, which makes for an odd mouthful.

**Should Oreo Double Creme go in the fridge?** Try one. Cold firms the creme and tames the sweetness, but you lose the soft centre this version is built around.

**What allergens are listed?** The published ingredient list declares wheat (gluten) and soya. Check the current pack for milk advice before it goes into a shared lunchbox.

*Curator's note: Pour a glass of cold milk and eat one from the cupboard and one from the fridge. Two biscuits in, you will know which camp you are in. Lee, [teas.co.uk](#), Tunbridge Wells.*

## In short: Oreo Double Creme: The Twist, the Milk and the Fridge Test

| Field                    | Detail                                |
|--------------------------|---------------------------------------|
| Brand                    | Oreo                                  |
| Packs we stock           | 157g                                  |
| Category                 | Cookies                               |
| Allergens (as published) | It contains wheat (gluten) and soya.  |
| Dunkable                 | In cold milk, yes; in tea, not really |

| Field     | Detail                                    |
|-----------|-------------------------------------------|
| Best with | Cold milk, or an unsweetened black coffee |
| Try       | One straight from the fridge              |

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