

# Oreo Original 36-Cookie Pack: Buying Big and Keeping It Crisp

From the teas.co.uk wiki

**Oreo Original 36-Cookie Pack: Buying Big and Keeping It Crisp, in summary:** The 396g family pack holds 36 of the same cookies found in the 154g packs. Buy it if your house gets through them quickly, keep it airtight once open, and dunk for three to four seconds.

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

**An Oreo keeps its crunch for months on the shelf because its creme holds almost no water, so it has nothing to hand on to the dry [biscuits](#) either side.** That same piece of engineering settles the one real question about this 36-cookie pack: how quickly your household will finish it once air gets in.

## Built to stay dry

Two thin, hard-baked cocoa biscuits hold a soft, fat-based creme, and the pairing is deliberate. Swap that creme for fresh cream or jam and the biscuits would turn soft within days, because moisture would travel into them. With a filling that is nearly water-free there is nothing to migrate, which is why an unopened pack keeps its snap and why the cookie twists apart cleanly.

The raised pattern on each face is structural as well as decorative. Embossing stiffens a thin biscuit much as corrugation stiffens card, so a disc this slim survives packing and twisting. The published ingredient list is short: wheat flour, sugar, palm and rapeseed oils, wheat starch and fat-reduced cocoa powder at 4.7%, then raising agents, salt, emulsifier and flavourings. It names wheat and soya.

## Is the big pack right for you?

The 36 cookies here are the same size as the fourteen in a 154g pack; divide the weights and both come to 11g a cookie, by our own arithmetic. So the choice is not about a different biscuit, only about how many sit in an opened pack at once. The larger box also uses less packaging per cookie than the smaller packs, which is worth knowing if that matters in your house.

Be clear about the pace, though. Nobody stops at one Oreo; two or three is the usual serving, so a box of 36 goes round a household with children in something nearer a fortnight than the month the number suggests.

Once the pack is open, close the wrapper up well or move what is left into a lidded tin, because the snap is the first thing air takes away.

## Dunking and drinks

A whole Oreo wants three to four seconds in the mug; any longer and the biscuit starts to give way. If you twist it first, put only the plain half in the mug and keep the creme side out, because warm tea melts the filling into a greasy film and the biscuit loses its grip. Cold milk avoids that problem entirely and remains the classic partner.

For a hot drink, keep it plain. A plain [black tea](#), lightly milked and unsweetened, cuts the sweetness, while a filter coffee or an espresso clears the fat from the palate. Sugar in the cup only doubles what the creme already supplies. If you want a richer cookie, Double Stuff uses the same biscuits with a thicker creme, though it is softer, sweeter and a poorer dunker.

## The packs we stock

- [Oreo Original Vanilla-flavoured Cocoa Sandwich Cookies, 36 Cookies 396g](#) (barcode 7622202303838)

## What the label says

The published ingredient list for Oreo Original Vanilla-flavoured Cocoa Sandwich Cookies, 36 Cookies 396g (barcode 7622202303838) says it contains wheat (gluten) and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

**Ingredients, as published:** WHEAT flour, sugar, palm oil, rapeseed oil, WHEAT starch, fat reduced cocoa powder 4.7%, glucose-fructose syrup, raising agents (ammonium carbonates, potassium carbonates, sodium carbonates), salt, emulsifier (SOYA lecithins), acidity regulator (sodium hydroxide), flavourings.

### Typical values per 100g Per 100g

|                    |          |
|--------------------|----------|
| Energy             | 473 kcal |
| Fat                | 19.5g    |
| of which saturates | 5.5g     |
| Carbohydrate       | 68.2g    |
| of which sugars    | 35.5g    |
| Fibre              | 2.7g     |
| Protein            | 5.5g     |
| Salt               | 0g       |

*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

- [Twinings Scotland's Ceylon Tea \(International Blend\), 20 Tea Bags 40g](#): a plain, straightforward black tea; a little milk and no sugar is all this cookie asks of it.
- [Starbucks Espresso Roast by NESPRESSO Coffee, Dark Roast, Box of 36, 198g](#): a dark-roast espresso whose bitterness runs alongside the cocoa biscuit.
- [L'Or Espresso Ristretto Intensity 11 Coffee, 40 Pods 208g](#): a short, strong coffee that clears the creme from the palate between cookies.
- [Good Earth Rooibos Chai, 15 Tea Bags 34.5g](#): a spiced [rooibos chai](#) for later in the evening, with enough character to meet the cocoa.

## 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 Double Creme Cocoa Sandwich Cookies with Vanilla Flavour Biscuits Pack, 157g](#)
- [Oreo Gingerbread Flavour Sandwich Biscuit, Limited Edition, 154g](#)

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

## FAQ

**How many Oreos are in the 396g pack?** 36 cookies. That works out at 11g each, the same as the 154g pack of fourteen; the per-cookie weight is our calculation from the pack figures.

**Why do Oreos not go soft like other filled biscuits?** The creme contains almost no water, so the dry biscuits have nothing to absorb until the pack is opened and air gets in.

**Are Oreo Original cookies suitable for vegetarians?** According to the published pack listing they are suitable for vegetarians. That does not make them vegan. Check the dietary statement on the current UK pack.

**How long should you dunk an Oreo?** Three to four seconds whole, or [dunk](#) just the bare half if you have twisted it apart.

**What is the difference between Original and Double Stuff?** The biscuits are the same; Double Stuff has a thicker layer of creme, which makes it sweeter, softer and less good in a mug.

*Curator's note: This is the box I put out when I do not know who is coming, because everyone recognises it. Open it beside a pot of plain black tea and keep a tin handy for whatever is left. Lee, [teas.co.uk](#), Tunbridge Wells.*

## In short: Oreo Original 36-Cookie Pack: Buying Big and Keeping It Crisp

| Field | Detail |
|-------|--------|
| Brand | Oreo   |

| Field                    | Detail                                                  |
|--------------------------|---------------------------------------------------------|
| Packs we stock           | 36 Cookies 396g                                         |
| Category                 | Cookies                                                 |
| Allergens (as published) | It contains wheat (gluten) and soya.                    |
| Dunk                     | Three to four seconds, whole                            |
| Best with                | Plain black tea with a splash of milk, or filter coffee |
| Occasion                 | Family tins and mixed company                           |

## 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](#)
- [Tea with Chocolate: Pair by Cocoa Percentage](#)
- [Tea and Chocolate Pairing](#)
- [Scottish Biscuits and Tea: What Pairs With What](#)

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