

Oreo Original: The Twist, the Dunk and the Disc

From the teas.co.uk wiki

Oreo Original: The Twist, the Dunk and the Disc, in summary: Fourteen cookies, each a sweet vanilla creme held between two dry, bitter cocoa discs. Twist one apart to taste the disc alone, dunk briefly in cold milk, and pair it with black coffee or a strong builder's brew.

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

People recognise an Oreo by its dark disc, not its filling. That dry, faintly roasted cocoa biscuit is the part imitators struggle to match, and it is also why the brand's own ritual of twist, lick and [dunk](#) works as well as it does.

Why the disc does the work

Vanilla is the named flavour, yet the creme is sweet, soft and fatty and, tasted alone, fairly anonymous. The cocoa disc is what people know from across a room: baked dry and dark, faintly roasted and genuinely bitter. It is the one bitter note in the cookie, the part that argues with all that sugar, and without it the cookie would be little more than sweetness on sweetness.

You can taste the division for yourself. Eaten whole, an Oreo opens with the creme, because fat and sugar reach the tongue before a dry crumb dissolves. Twist it apart and eat the bare disc and the order flips: it leads with cocoa and tastes clearly darker and less sweet. An opened pack smells of cocoa rather than vanilla for a similar reason, since the creme is shut away between the discs.

Built to be pulled apart

The ritual shapes the build. Both discs match, the creme comes away cleanly from one side, and the crumb takes on milk within a few seconds. Nabisco's forerunner, the National Biscuit Company, launched the cookie in 1912 and baked the first ones in Manhattan, at the Chelsea bakery that is now Chelsea Market, and the twist, lick and dunk routine the brand promotes is exactly what that design allows.

The published ingredient list for this barcode begins with wheat flour, sugar, palm and rapeseed oils and fat-reduced cocoa powder, and it states wheat and soya with a may-contain warning for milk. Because the dairy and vegan picture can differ between formats and markets, take that answer from the pack in your hand rather than from memory of another one.

Dunking and pairing the classic

Keep the dunk short. These discs are dry and porous, so they drink up liquid much faster than a digestive does, and a few seconds is plenty. Cold milk suits them best, since warm milk softens the biscuit before it reaches your mouth. That speed is intended rather than a flaw: a dunking biscuit that absorbed slowly would spoil the whole ritual.

For a hot drink, unsweetened black coffee is the cleanest match, its bitterness running with the cocoa rather than against it. With tea you want tannin to cut the creme, so pour a strong [Assam](#) or a builder's brew; a weak cup will not cope, and a delicate tea is lost entirely. On a mixed plate, expect the Oreos to go first and plan the quieter [biscuits](#) around that.

The packs we stock

- [Oreo Original Vanilla Sandwich Cookies 14 cookies, 154g](#) (barcode 7622300315283)

What the label says

The published ingredient list for Oreo Original Vanilla Sandwich Cookies 14 cookies, 154g (barcode 7622300315283) says it contains wheat (gluten) and soya, and it may contain milk. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: wheat flour, sugar, palm oil, rapeseed oil, fat-reduced cocoa powder 4,5 %, wheat starch, glucose-fructose syrup, raising agents (potassium carbonates, ammonium carbonates, sodium carbonates), salt, emulsifiers (soya lecithin, sunflower lecithin), flavouring.

Typical values per 100g Per 100g

Energy	476 kcal
Fat	20g
of which saturates	5.4g
Carbohydrate	68g
of which sugars	38g
Fibre	2.7g
Protein	5.3g
Salt	0.7g

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

- [Yorkshire Tea Original Everyday Blend, 80 Tea Bags 250g](#): a proper builder's brew with the tannin to cut through a very sweet creme.
- [L'Or Nespresso Compatible Espresso Supremo Aluminium Coffee Intensity 10, 10 Capsules](#): Nespresso-compatible capsules for a black coffee whose bitterness runs with the cocoa disc.

- [Lavazza Espresso Maestro Intenso Nespresso Compatible, 10 Capsules](#): another intense, unsweetened espresso for anyone who likes their coffee short.
- [Twinings English Breakfast Decaffeinated 40, 109g](#): a strong breakfast-style cup for after dinner, decaffeinated.

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 cookies are in a 154g pack of Oreo Original? Fourteen, and both the count and the weight are printed on the front. The range also includes a 36-cookie 396g Original pack for bigger households.

Should you twist an Oreo before eating it? Try it at least once. The bare disc tastes darker and less sweet than the whole cookie, which shows how much the cocoa carries.

How long should I dunk an Oreo in milk? Just a few seconds, in cold milk. The discs absorb quickly, so a longer dip leaves you fishing for crumbs.

Is coffee or tea better with an Oreo? Black coffee is the neatest hot pairing; for tea, choose a strong builder's brew. Cold milk still beats both.

Does an opened pack of Oreos keep well? Not especially. Once the pack is open the discs start losing their snap, so it is best finished while it is still crisp.

Curator's note: Twist one apart and eat the dark half on its own before you judge it. Then pour a glass of cold milk and let the children have the rest. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Oreo Original: The Twist, the Dunk and the Disc

Field	Detail
Brand	Oreo
Packs we stock	154g
Category	Cookies
Allergens (as published)	It contains wheat (gluten) and soya, and it may contain milk.
Dunk	A few seconds, in cold milk
Best with	Black coffee or a builder's brew

Field

Not for

Detail

Delicate teas

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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