

Oreo Vanilla and Creme Egg Flavour: Two Fillings, One Disc

From the teas.co.uk wiki

Oreo Vanilla and Creme Egg Flavour: Two Fillings, One Disc, in summary: A spring limited edition with two cremes, vanilla and a fondant-style Creme Egg flavour, between cocoa discs. It is very sweet, so serve it at room temperature with an espresso or strong black tea.

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

This edition puts two separate fillings inside one cookie, so each flavour can register on its own before they merge. Sugar leads the published ingredient list, ahead of wheat flour, which tells you plainly which way the balance tips.

Why split the filling?

Blending two flavours into a single creme would give one note. Splitting them lets each have its moment: the Creme Egg half is soft, fondant-sweet and instantly recognisable, while the vanilla half plays the quieter foil. It mirrors the two-part character of the confectionery named on the pack, and it is a more considered idea than most seasonal tie-ins manage.

Twisting the cookie apart is the only way to meet the two fillings separately, and it is worth doing once. Eaten whole, it is the fondant texture that anyone who knows the confectionery will spot first, a soft, dissolving sweetness with no resistance to it. Anyone who does not know the reference will find less to hold on to, because recognition is most of what this pack is selling.

Outnumbered by sugar

The difficulty is arithmetic. In an everyday Oreo one bitter cocoa disc balances one sweet creme. Here the same disc faces two sweet fillings, and the published ingredient list reflects that: sugar comes first, and fat-reduced cocoa powder sits at 3.7%. The result is very sweet indeed, and the contrast that keeps a standard Oreo from tiring the palate is much narrower.

Temperature matters too. The fondant-style filling gives off more sweet aroma than a plain creme, which you notice as the pack opens, but chilled it gives up very little. Keep these in a cupboard rather than the fridge and serve them at room temperature. A pinch of flaky salt is an unexpected help if you plan to eat more than one.

Drinks that do the balancing

With this much sugar, the cup has real work to do rather than simply keeping the biscuit company. Pour something black and brew it harder than you normally would. A short espresso does the job better than a mug of filter, and for tea choose a very strong [Assam](#) or breakfast blend taken without milk, or a [lapsang](#) souchong, a tea so unlike anything in the biscuit that it cuts straight through.

Leave vanilla teas, sweet [rooibos](#) blends and milky coffees for another day; they only add to the pile. This is a spring edition and will go as quickly as it came, so if the reference appeals, buy it while it is here. The allergen statement for this barcode names wheat and soya and says it may contain milk, so check the wording on this box, not the one on the everyday pack.

The packs we stock

- [Oreo Vanilla and Creme Egg Flavour Limited Edition Chocolate Sandwich Biscuits, 157g](#) (barcode 7622202254154)

What the label says

The published ingredient list for Oreo Vanilla and Creme Egg Flavour Limited Edition Chocolate Sandwich Biscuits, 157g (barcode 7622202254154) 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: Sugar, wheat flour, palm oil, wheat starch, rapeseed oil, fat reduced cocoa powder 3.7%, glucose-fructose syrup, raising agents (potassium carbonates, ammonium carbonates, sodium carbonates), flavourings, salt, safflower extract, emulsifier (soya lecithins), acidity regulator (sodium hydroxide), red radish concentrate.

Typical values per 100g Per 100g

Energy	491 kcal
Fat	22g
of which saturates	7.4g
Carbohydrate	67g
of which sugars	40g
Fibre	2.3g
Protein	4.3g
Salt	0.6g

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

- [Starbucks Espresso Roast by NESPRESSO Coffee, Dark Roast, Box of 36, 198g](#): a dark-roast espresso for the short, bitter coffee this very sweet cookie needs.
- [Yorkshire Tea Gold Blend Loose Leaf Tea, 250g](#): [loose leaf](#) to brew strong and drink black, with enough body to stand against two fillings.
- [Twinings Everyday 120 Plant-Based, 348g](#): an everyday blend to brew strong in the mug when a pot feels like too much effort.

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

Why does this Oreo have two fillings? So the vanilla creme and the Creme Egg flavour creme can each register separately rather than blending into one note.

Is it sweeter than an everyday Oreo? Yes. Two sweet fillings share one cocoa disc, and sugar is the first ingredient on the published list.

Should Creme Egg Oreos go in the fridge? No. The fondant-style filling gives up very little flavour when cold, so serve them at room temperature.

What is the best drink with them? Something dark and unsweetened: an espresso, a strong black Assam or a lapsang souchong.

Is it available all year? No. It is a spring limited edition and will not stay on the shelf for long.

Curator's note: Taste the two fillings side by side once, then pour a strong black coffee before you reach for a second. It is a seasonal bit of fun and best enjoyed as exactly that. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Oreo Vanilla and Creme Egg Flavour: Two Fillings, One Disc

Field	Detail
Brand	Oreo
Packs we stock	157g
Category	Chocolate Biscuits
Allergens (as published)	It contains wheat (gluten) and soya, and it may contain milk.

Field	Detail
Sweetness	Very high
Serve	At room temperature
Best with	Espresso or strong black tea

More from the tea wiki

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- [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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