

Prewett's Chocoful: a gluten free biscuit for the shared tin

From the teas.co.uk wiki

Prewett's Chocoful: a gluten free biscuit for the shared tin, in summary: Chocoful is a crunchy gluten free oat-flour biscuit under a thick coat of Belgian milk chocolate, sold as five wrapped bars. Keep it for carrying rather than dunking, and give it a strong, milky cup.

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

Prewett's says the Belgian milk [chocolate](#) makes up half of every Chocoful bar, so this is as much a chocolate bar with a biscuit inside as the other way round. The other thing that shapes it is the wrapper, which matters far more in a gluten free household than it first appears.

Half chocolate, half oat biscuit

Chocoful comes in two parts. Underneath is a crunchy base made with gluten free oat flour; over it goes a thick layer of Belgian milk chocolate, which Prewett's puts at half the weight of each bar. That balance explains the eating. The chocolate arrives first, creamy and sweet rather than bitter, and the oat-flour biscuit is there for crunch rather than to carry the flavour.

A base without wheat behaves differently from an ordinary digestive. With no gluten to bind it, it relies on starch and fat, so it eats short and slightly granular and gives way cleanly in one bite. Prewett's lists milk, soya and oats in Chocoful and says it may contain nuts, so anyone buying for an allergy should read the current pack before anything else.

Why every bar comes wrapped

In a house where one person avoids gluten, a loose free-from biscuit in the family tin is a problem, because it sits among crumbs from everything else. A sealed Chocoful can live in that same tin, or in a lunchbox or a coat pocket, and stay apart until the moment it is opened. That, more than the recipe, is the reason to choose this format over an open packet.

The five bars add up to one hundred grams, twenty grams apiece, which makes a sensible single portion beside a cup of tea. Prewett's traces its name to William Prewett's Sussex flour mill in 1872, and its maker says it has baked gluten free [biscuits](#) since the 1980s. Today the bars come from the Team Valley estate in Gateshead, baked by Biscuit International UK.

Keeping it crisp and choosing the cup

Store the bars somewhere cool and dry and leave them sealed until they are wanted. Milk chocolate turns grey and dull in warmth long before it actually melts, so a sunny sill or a hot car in summer spoils a bar quickly. The fridge is no better: it is damp, and a free-from crumb pulls in moisture and softens soon after the wrapper comes off.

Do not [dunk](#) it. The base gives up within a second or so and the coating softens even faster, so Chocoful belongs beside the mug rather than in it. It suits a plain, strong [black tea](#) with a dash of milk, a builder's cup of [Assam](#) or [English Breakfast](#), or a milky coffee. A delicate or perfumed tea is wasted next to this much sweet chocolate.

The packs we stock

- [Prewett's Gluten Free Milk Chocolate Chocoful Biscuits, 5 Pack 100g](#) (barcode 5013387205826)

What to drink with it

- [Yorkshire Tea Original Loose Leaf Tea, 250g](#): a full, brisk [loose leaf](#) brew with enough backbone for thick milk chocolate, milk in.
- [Clipper Fairtrade Everyday Tea, 80 Pack 232g](#): a straightforward everyday black tea; brew it strong and add a splash of milk for the sweet chocolate.
- [Kenco Smooth Instant Coffee Paper Refill, 150g](#): a smooth instant coffee made milky, for the desk drawer where a wrapped bar is most often eaten.

Elsewhere in the Prewett's range

The full range is on the [Prewett's brand page](#).

FAQ

Are Chocoful biscuits gluten free? Yes. Gluten free is in the product name and the base is made with gluten free oat flour; the maker says it has made gluten free biscuits since the 1980s.

What does Prewett's list in Chocoful? Prewett's lists milk, soya and oats, and says the bars may contain nuts. Read the current pack before buying for an allergy.

Can you dunk Chocoful? It is not worth trying. The gluten free base gives way almost at once and the chocolate softens with it, so eat it beside the cup.

How big is each bar? The pack holds five individually wrapped bars, one hundred grams in all, which works out at twenty grams a bar.

Where are Prewett's biscuits made? On the Team Valley estate in Gateshead, where Biscuit International UK bakes them with a team of around two hundred people.

Curator's note: Keep a couple of wrapped bars in the tin for the gluten free guest, so nobody has to ask. Pour them a proper strong cup alongside and it never feels like the second-best biscuit. Lee, teas.co.uk, Tunbridge Wells.

In short: Prewett's Chocoful: a gluten free biscuit for the shared tin

Field	Detail
Brand	Prewett's
Packs we stock	5 Pack 100g
Category	Free From Biscuits
Dunkable	No, it softens almost at once
Best with	A strong black tea with milk, or a milky coffee
Occasion	Lunchboxes, desk drawers and gluten free guests

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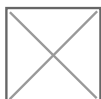
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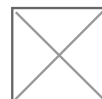
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