

Schär Gluten Free Chocolate Fingers

From the teas.co.uk wiki

Schär Gluten Free Chocolate Fingers, in summary: Nearly half of each finger is milk chocolate, wrapped round a slim maize-based biscuit stick. Keep them cool and uncrushed, carry them in a rigid box, and pour a brisk black tea with milk rather than dunking.

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

Milk [chocolate](#) makes up 46% of these fingers by the published ingredient list, and that casing does structural work as well as supplying the flavour. A long, thin biscuit has nothing supporting its middle, and without gluten it needs all the help it can get.

Maize inside, chocolate all round

The biscuit stick is built from maize starch and maize flour, with soya flour, potato starch and modified tapioca starch, and Schär describes the fingers as wheat-free [shortbread](#) in milk chocolate. The chocolate is listed at 46%, with at least 40% cocoa in it, so on a finger the coating is close to half of every mouthful, and it is most of what you taste.

A finger behaves like a small beam: long, narrow and unsupported in the middle. Gluten usually holds a dough together through cutting, baking and packing, so a free-from finger is a harder thing to make than a round biscuit. Enclosing the stick on every side gives it strength it would not have on its own, and the result still snaps cleanly, which is what a chocolate finger is for.

Milk, soya and a lupin warning

The published ingredient list for this product declares milk and soya, and it carries a may-contain warning for lupin. Schär's own product description adds may-contain warnings for eggs, almonds and hazelnuts, and notes that the fingers are made without preservatives. Warnings can differ between sources and change over time, so read the current pack before these go on a plate for anyone with an allergy.

Palm oil sits third on the list, after the chocolate and the maize starch, and whole milk powder appears in the biscuit as well as in the chocolate. For a household avoiding dairy as well as gluten, these are not the ones. For a gluten-free child at a party, though, they look exactly like everybody else's biscuit, which is often the thing that matters most.

Storing, packing and pouring

Fingers snap at their centre, so never let anything heavy rest across the pack. Keep it somewhere cool and away from the oven, and once it is open move the fingers into a tin, because the dry stick takes up moisture from the air quickly. In a lunchbox they need a hard container; loose in a soft bag they rarely arrive whole.

Do not [dunk](#) them. The chocolate softens first and the thin stick gives way straight after. They are sweet and immediate, so the cup beside them should be plain and sturdy: a brisk breakfast blend with milk has enough grip to cut through milk chocolate, and a short black coffee does the same job for grown-ups. For children, a glass of cold milk is hard to beat.

The packs we stock

- [Schar Gluten Free Chocolate Fingers, 150g](#) (barcode 5052275000112)

What the label says

The published ingredient list for Schar Gluten Free Chocolate Fingers, 150g says it contains milk and soya, and it may contain lupin. Read the current chocolate finger box; Schär can change the recipe and its milk, soya and lupin advice.

Ingredients, as published: Milk chocolate (46%, with cocoa solids of at least 40%: sugar, cocoa mass, cocoa butter, whole milk powder, skimmed milk powder, soya lecithin emulsifier, natural flavour), then maize starch, palm oil, sugar, maize flour, soya flour, potato starch, whole milk powder, modified tapioca starch, raising agents (ammonium and sodium hydrogen carbonates), salt, modified maize starch and citric acid.

Typical values per 100g Per 100g

Energy	521 kcal
Fat	28g
of which saturates	15g
Carbohydrate	61g
of which sugars	32g
Fibre	2,1g
Protein	5,2g
Salt	0,75g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The chocolate finger box you hold has the last word.

What to drink with it

- [PG Tips English Breakfast Special Blends Speciality Black, 70 Tea Bags](#): a brisk breakfast cup with enough grip to cut through the milk chocolate casing.
- [Twinings English Breakfast Plant Based, 40 Tea Bags 100g](#): another sturdy breakfast blend, plain enough to let a sweet and simple biscuit be itself.

- [L'Or Espresso Ristretto Intensity 11 Coffee, 40 Pods 208g](#): a short, intense coffee from pods whose bitterness balances the sweetness of the chocolate.

Elsewhere in the Schar range

- [Schär Cinnamon Soft Cookies Multipack Biscuits, 6 x 35g 210g](#)
- [Schar Gluten Free Custard Creams, 5 x 25g](#)
- [Schar Gluten Free Digestive Biscuits, 150g](#)
- [Schar Gluten Free Vanilla Wafers, 125g](#)
- [Schar Gluten-Free Jaffa Cakes, 150g](#)

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

FAQ

Is the chocolate on Schär fingers milk or dark? Milk. The published ingredient list names milk chocolate at 46% of the finger.

What are gluten-free chocolate fingers made from? The biscuit uses maize starch and maize flour with palm oil, sugar, soya flour, potato starch and tapioca starch, inside a milk chocolate coating.

Do chocolate fingers hold up in hot tea? No. The coating softens and the thin biscuit breaks almost at once, so eat them dry beside the cup.

How do I get them to school in one piece? Pack them in a small rigid box rather than a soft bag, and keep anything heavy off them.

Which tea goes with chocolate fingers? A brisk [black tea](#) with milk, such as a breakfast blend, or a black coffee for adults.

Curator's note: For a children's party, put them on a plate of their own that looks just like everyone else's, and let the child who needs them tuck in without any fuss. That is what they are really for. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Schär Gluten Free Chocolate Fingers

Field	Detail
Brand	Schar
Packs we stock	150g
Category	Free From Biscuits
Allergens (as published)	Milk and soya are in it, and lupin may be present.
Dunkable	No, eat them dry
Best with	A brisk breakfast tea with milk, or cold milk for children
Storage	Cool, in a tin, nothing heavy on top

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](#)
- [Allergens in tea: how to read the label](#)

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