

Schär Gluten-Free Jaffa Cakes

From the teas.co.uk wiki

Schär Gluten-Free Jaffa Cakes, in summary: Keep the pack sealed at room temperature, never in the fridge. Under the dark chocolate top sit a sharp orange layer and a maize-based sponge, with egg and soya declared, and they belong beside the cup, not in it.

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

Of everything on the free-from biscuit shelf, a sponge is the toughest to make without gluten, because gluten normally builds the structure that traps the air. Schär's version reads denser and drier than a wheat one, and the sharp orange layer is what carries it.

Orange, chocolate and a tricky sponge

The build is the familiar one: a small round sponge, a disc of orange filling and a dark [chocolate](#) top. Schär makes it with maize flour and potato starch rather than wheat, and states that there is no palm oil in the recipe. The chocolate is a thin top rather than a full coating, there for snap and a bitter edge, and it is the part your fingers hold.

The orange layer is the star. It is sharp and sweet at once, and that acidity keeps what would otherwise be a soft, sugary mouthful from going flat. The sponge is the weak point, and there is no use pretending otherwise: without gluten it holds less air, so the crumb is closer and drier than the wheat original. Judged as a free-from cake rather than a copy, it does its job well.

Egg, soya and the may-contain list

The published ingredient list for this product declares egg and soya, and egg is no surprise in a sponge. Schär's own description adds may-contain warnings for hazelnuts and milk, so this is not one to serve to someone with a nut or dairy allergy without checking the box first. As with every free-from buy, the current pack is the final word, and it is worth reading every time rather than once.

It is a sweet thing, and only the acidity of the orange and the bitterness of the dark chocolate hold that sweetness in check. That is the best reason to pair it with a cup that has some bite, a brisk [black tea](#) or a short coffee, rather than anything sweet or flavoured that would pile sugar on sugar.

Sealed, at room temperature, beside the cup

A Jaffa Cake is a cake, a point once argued out in a UK tax case, and the reasoning was about staling: cakes go hard as they dry, [biscuits](#) go soft as they take on moisture. For a sponge, dry air is the problem. Once the pack is open, close it with a clip or move the rest into an airtight box, and plan to finish it within a few days.

Keep them out of the fridge. A fridge dries the sponge out quicker than a closed cupboard would and dulls the orange, and cold makes a gluten-free crumb seem drier still, so room temperature is right. Keep them out of the mug as well: a soft sponge beneath a jelly layer has nothing to hold it together once wet, and hot tea melts the chocolate on the way down.

The packs we stock

- [Schar Gluten-Free Jaffa Cakes, 150g](#) (barcode 8008698001325)

What the label says

The published ingredient list for Schar Gluten-Free Jaffa Cakes, 150g says it contains egg and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Typical values per 100g Per 100g

Energy	358 kcal
Fat	7,2g
of which saturates	3,3g
Carbohydrate	69g
of which sugars	44g
Fibre	2,2g
Protein	4,7g
Salt	0,53g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The pack in your hands is the final word.

What to drink with it

- [Clipper Fairtrade Everyday Tea, 80 Pack 232g](#): a brisk everyday black tea with milk, with enough bite to balance the sweetness.
- [Barry's Tea Gold Blend, 80 Tea Bags 250g](#): a black tea blend for a milky pot, sturdy enough to stand up to the sugar in the sponge and orange.
- [L'Or Espresso Ristretto Coffee Pods, 10 Pods 52g](#): a short, strong coffee from pods, its bitterness sitting well against sharp orange and dark chocolate.

Elsewhere in the Schar range

- [Schär Cinnamon Soft Cookies Multipack Biscuits, 6 x 35g 210g](#)

- [Schar Gluten Free Chocolate Fingers, 150g](#)
- [Schar Gluten Free Custard Creams, 5 x 25g](#)
- [Schar Gluten Free Digestive Biscuits, 150g](#)
- [Schar Gluten Free Vanilla Wafers, 125g](#)

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

FAQ

Should gluten-free Jaffa Cakes go in the fridge? No. The cold dries the sponge and flattens the orange, so keep them in a closed box somewhere room-warm instead.

What allergens are in Schär Jaffa Cakes? The published ingredient list declares egg and soya, and Schär gives may-contain warnings for hazelnuts and milk. Check the current pack.

Why is the sponge drier than in a wheat Jaffa Cake? Gluten normally builds the structure that holds air in a sponge. Without it, the crumb comes out denser and drier.

Is a Jaffa Cake really a cake? Yes. A UK tax case settled it on staling: a cake goes hard as it dries, a biscuit goes soft as it takes on moisture, and a Jaffa Cake does the first.

What should I drink with them? A brisk black tea with milk or a short black coffee, both of which stand up to the sweetness.

Curator's note: Room temperature, a strong cup with milk and no comparisons with the wheat original. Taken on its own terms, this is a treat I am glad to have in the free-from tin. Lee, teas.co.uk, Tunbridge Wells.

In short: Schär Gluten-Free Jaffa Cakes

Field	Detail
Brand	Schar
Packs we stock	150g
Category	Free From Biscuits
Allergens (as published)	It contains egg and soya.
Serve	Room temperature, beside the cup
Storage	Sealed box, room temperature, not the fridge
Best with	A brisk black tea with milk, or a short coffee

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