

Schär Gluten Free Vanilla Wafers

From the teas.co.uk wiki

Schär Gluten Free Vanilla Wafers, in summary: Light wafer layers and vanilla cream, with milk and soya declared on the label. A wafer loses little when gluten goes, so the format eats close to the real thing, but an open pack softens within hours, so seal it fast.

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

A wafer is the one biscuit format that barely notices gluten has gone. The sheets are set by heat and starch rather than by a protein network, so a free-from wafer gives up far less than a free-from [shortbread](#) does.

Why wafers survive without gluten

A biscuit dough relies on gluten to build a continuous structure and a clean snap. A wafer sheet is made another way. A thin, runny batter goes between hot plates and sets in seconds, as the starch thickens in the heat and the water turns to steam, leaving a crisp honeycomb behind. Almost none of that depends on gluten, so taking it out costs very little.

So a wafer is where free-from baking comes closest to the original, and shortbread, which depends on its dough, is where it struggles most. For anyone in the house who has given up on gluten-free [biscuits](#), a wafer is the one to win them back with. The sheets themselves taste of very little; the vanilla cream between them carries the flavour, gentle and sweet, and the lightness does the rest.

Milk, soya and a container of their own

The published ingredient list for this product declares milk and soya, which is common in a cream-filled wafer. So these suit a gluten-free household but not a dairy-free one, and the current pack should be checked before buying for anyone with an allergy. The wafers are not individually wrapped, so once the pack is open the whole lot is exposed to the air.

Nearly all of a wafer is internal surface, so damp air reaches every part at once rather than working in from the edges, and softening is measured in hours, not days. Move what you do not eat into an airtight container straight away, and in a free-from home give them one of their own, not an old tin with wheat crumbs in it. Once soft, a wafer cannot be rescued in the oven, because the honeycomb does not rebuild.

Ice cream, pudding and a cup with an edge

[Dunking](#) is out. A wafer drinks hot liquid through its whole structure at once, so it does not soften gradually; it simply collapses. The better use is on a pudding plate. Set one beside a scoop of ice cream or a set pudding and it becomes the crunch in the bowl, something free-from desserts often lack. Crumbled over ice cream at the table, it adds a lighter crunch than crushed biscuit.

In the cup, look for an edge. Vanilla cream is all sweetness, with no bitterness or salt to balance it, so it wants a drink that pushes back: a strong [black tea](#), or a plain black coffee. [Hot chocolate](#) is sweet against sweet and cancels itself out. A spiced [rooibos chai](#) is a gentler contrast for the afternoon, the warmth of the spice against the soft vanilla.

The packs we stock

- [Schar Gluten Free Vanilla Wafers, 125g](#)

What the label says

The published ingredient list for Schar Gluten Free Vanilla Wafers, 125g says it contains milk and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

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

- [Yorkshire Tea Gold Blend Loose Leaf Tea, 250g](#): a strong black tea from the pot, with enough bite to push back against the sweet vanilla cream.
- [Twinings Everyday 120 Plant-Based, 348g](#): a sturdy everyday tea bag for a quick cup beside a couple of wafers.
- [Good Earth Rooibos Chai, 15 Tea Bags 34.5g](#): gentle spice on a rooibos base, a warm contrast to plain vanilla in the afternoon.

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 Jaffa Cakes, 150g](#)

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

FAQ

Do Schär vanilla wafers contain milk? Yes. The published ingredient list for this product declares milk and soya; check the current pack before buying.

Why do gluten-free wafers taste so close to normal ones? A wafer sheet sets through heat and starch rather than a gluten network, so removing gluten changes very little.

How do I keep wafers crisp? Seal them in an airtight container as soon as the pack is opened, because they soften within hours.

Can I re-crisp soft wafers in the oven? No. Drying them out does not bring back the honeycomb texture, and the cream suffers in the attempt.

What is the best way to serve them? Beside ice cream or a set pudding, or crumbled over the top, with a strong black tea or a black coffee.

Curator's note: Put them out with a bowl of ice cream and a pot of strong tea, and seal the rest the moment pudding is served. A wafer waits for no one. Lee, teas.co.uk, Tunbridge Wells.

In short: Schär Gluten Free Vanilla Wafers

Field	Detail
Brand	Schar
Packs we stock	125g
Category	Wafers
Allergens (as published)	It contains milk and soya.
Once opened	Soft within hours, so seal it
Best with	Strong black tea, or black coffee
Serving idea	Beside or crumbled over ice cream

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

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.

