

Tassimo Skinny Costa Latte: What Skinny Changes

From the teas.co.uk wiki

Tassimo Skinny Costa Latte: What Skinny Changes, in summary: Skinny is about the milk, not the coffee. The milk disc uses skimmed milk, so the cap is lighter, the cup sits less heavily and the Costa roast comes through more clearly. Six discs make three lattes.

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

The word on the box describes the milk and nothing else: the coffee disc does the same job as in the standard Costa latte, while the milk disc is built on skimmed rather than whole milk. Take out the fat and, a little surprisingly, the coffee becomes easier to taste.

Six discs, three lattes

Every milk drink on a Tassimo is a two-disc build, and this one is no exception. Milk disc in first, coffee disc after it, and a barcode on each tells the machine the volume, temperature and brewing time. So the six T DISCs in this 200.4g carton make three drinks, which is worth knowing before you compare it with a box of black coffee discs.

Because the barcode fixes each disc, the front panel cannot make the drink longer or stronger. That is the trade-off of the system: no judgement needed first thing in the morning, and no adjustment available either. What the Skinny box changes is which milk you get, and that matters more than it sounds.

Why less fat lets the coffee through

Milk fat coats the tongue and holds aroma, which is why a whole-milk latte smells round and sweet and tastes comforting but slightly muffled. Skimmed milk carries much less of it. The cap on this drink sits thinner and settles sooner, and the roast in the coffee disc comes through more clearly for having less fat laid over it.

Sweetness is restrained, drier than the flavoured discs in the range, and the body is medium and clean rather than coating. Whether that suits you depends on why you drink a latte. If you want weight and softness, the standard Costa Latte is the better box. If whole milk starts to feel like too much by your second mug of the day, the skinny box answers that.

The Costa discs side by side

There are several Costa discs for the Tassimo, and they divide by what the milk is doing. The standard Costa Latte uses the richer whole-milk disc, the Costa Caramel Latte adds caramel, the Costa Cappuccino makes a cappuccino rather than a latte, and the Costa Americano leaves milk out altogether. This skinny version is the one to pick when you want the coffee to lead.

Skinny does not change the allergen picture. Taking the fat out of the milk does not take the milk out, so anyone avoiding dairy should pass on it, and the carton carries the full ingredient detail. Only a Tassimo brewer reads these discs; Dolce Gusto and Nespresso machines will not accept them. Used discs can go through Podback, the UK pod recycling scheme that Tassimo helped found.

The packs we stock

- [Tassimo Skinny Costa Coffee Latte, 200.4g](#) (barcode 8711000571132)

What to eat with it

- [McVitie's Milk Chocolate Digestives Biscuits, 266g](#): The classic latte biscuit, and the lighter cup leaves room for its milk [chocolate](#).
- [Royal Dansk Danish Butter Cookies, 340g](#): Butter cookies bring back a little of the richness the skimmed milk leaves out.
- [Border Dark Chocolate Ginger Organic Biscuits, 150g](#): Ginger warmth and dark chocolate stand out clearly against a cleaner, less coating latte.

Elsewhere in the Tassimo range

- [Tassimo Cadbury Hot Chocolate, 8 Pods 240g](#)
- [Tassimo Cadbury Mocha, 10 Pods 160g](#)
- [Tassimo Costa Americano Coffee, 12 Pods 108g](#)
- [Tassimo Costa Cappuccino Coffee, 6 Pods](#)
- [Tassimo Costa Caramel Latte Coffee, 6 Pods 173.4g](#)
- [Tassimo Costa Latte Coffee, 6 Pods](#)

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

FAQ

What does skinny mean on this box? The milk disc is made with skimmed milk instead of whole. The coffee disc is unchanged.

How many lattes are in the box? Three. Each takes one milk disc and one coffee disc from the six inside.

Does it taste weaker than the standard Costa latte? No. With less milk fat blunting it, the coffee reads more clearly; what you give up is the rich, coating texture.

Is it dairy-free? No. Skimmed milk is still milk; check the carton for the full allergen detail.

Is there a whole-milk version? Yes, the standard Tassimo Costa Latte, which gives a softer, heavier cup.

Curator's note: If the standard latte feels like pudding by mid-afternoon, switch to this and notice how much more coffee comes through. In a split household, keep both boxes. Lee, teas.co.uk, Tunbridge Wells.

In short: Tassimo Skinny Costa Latte: What Skinny Changes

Field	Detail
Brand	Tassimo
Packs we stock	200.4g
Category	Coffee Sachets & Mixes
Caffeine	caffeinated
Lattes per box	Three
Texture	Lighter and cleaner than whole milk
Best with	A milk chocolate digestive

More from the tea wiki

- [Costa at Home: The Coffee Shop Range](#)
- [Tea vs Coffee: Taste, Caffeine and Switching](#)
- [Caffeine in Tea](#)
- [Tea vs Coffee](#)
- [Tea for Coffee Drinkers: Where to Start](#)
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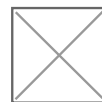
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