

Twinings Digest Ginger & Turmeric with Fig: What the Fig Does

From the teas.co.uk wiki

Twinings Digest Ginger & Turmeric with Fig: What the Fig Does, in summary: Ginger and turmeric, sweetened from inside the bag by fig rather than honey, with no tea leaf and so no caffeine. Steep it five minutes, not two, and try it with a splash of milk.

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

Fig is the ingredient that sets this box apart from the usual ginger and turmeric blend. Where others lean on citrus or expect a spoon of honey, this one sweetens itself, and that changes when and how it is worth drinking.

Ginger, turmeric and a jammy base

There is no tea leaf in the bag: ginger and turmeric do the work with fig underneath, so there is no [caffeine](#) to take out in the first place. Ginger leads as a warmth that gathers at the back of the throat and grows as the bag steeps. Turmeric sits beneath it, earthy and a touch peppery, and gives the infusion its deep gold colour and its body.

The fig brings a thick, jammy sweetness from within the bag, which is why honey is seldom needed here. With no tannin anywhere, nothing grips or dries the mouth, and the ginger heat lingers after the sweetness has faded. Each of the 20 bags holds a full 2g, a generous amount for a blend made of dried root and fruit.

Five minutes, and why two is a trap

Pour water straight off the boil, cover the mug and give it five minutes; going longer does no harm, since there is no tannin to turn bitter. The fig gives up its sugar quickly, and by the second or third minute the cup already tastes done. It is not. The ginger is still coming out of the root at five, with the turmeric following behind.

Taste before adding anything. The fig normally covers what a spoonful of honey would, and if you want it sweeter, a very little honey is enough. Milk is worth trying too: the blend contains no citrus, so there is nothing acidic to curdle it, and oat or whole milk turns it into something close to a spiced, pudding-like cup.

When to reach for it

We think of this as nearer a dessert than a [herbal tea](#), and that decides its hour. After a large dinner it fits comfortably; mid-morning it can feel like far too much. Anyone after a sharp, fiery ginger cup should look elsewhere, because the sweetness lands first and the heat only climbs up behind it.

With no leaf in it there is no caffeine to plan around, so the only thing deciding the hour is how much sweetness you want. Superblends is the name of the range, and Digest is simply the name Twinings uses for this part of it. We make no claim about what it does beyond how it tastes.

The packs we stock

- [Twinings Superblends Digest Ginger & Turmeric with Fig, 20 Tea Bags 40g](#) (barcode 070177229948)

What to eat with it

- [Lu Le Petit Beurre Biscuits With Butter & a Hint of Salt, 167g](#): the hint of salt in these butter [biscuits](#) sharpens the jammy sweetness of the fig.
- [Royal Dansk Danish Butter Cookies, 340g](#): rich butter cookies that round off the ginger heat at the end of the cup.
- [Border Dark Chocolate Ginger Organic Biscuits, 150g](#): doubling up on ginger, with dark [chocolate](#) to stand beside the earthy turmeric.

Elsewhere in the Twinings range

- [Twinings Assam, 80 Tea Bags 200g](#)
- [Twinings Assam Loose Tea, 125g](#)
- [Twinings Black Tea Discovery Collection, 20 Tea Bags 40g](#)
- [Twinings Darjeeling, 40 Tea Bags 100g](#)
- [Twinings Decaffeinated Everyday, 80 Tea Bags 250g](#)
- [Twinings Earl Grey Discovery Collection, 20 Tea Bags 40g](#)

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

FAQ

Does Twinings Digest contain caffeine? No. The bag holds ginger, turmeric and fig with no tea leaf, so there is no caffeine in it to begin with.

What does the fig actually do? It sweetens the cup from inside the bag, giving a jammy depth that most ginger and turmeric blends get from honey or citrus instead.

Can you add milk to it? Yes. With no citrus in the blend there is no acid to curdle it, and oat or whole milk both suit the fig.

Why does it taste sweet but thin at two minutes? The fig gives up its sugar first, while the ginger is still coming out at five. Give it five minutes, covered; longer will not spoil it.

Does it need honey? Usually not. Taste it first, and if you want more sweetness add only a little.

Curator's note: Save this for after dinner, when pudding feels like one step too far, and give it a dash of oat milk. It is the rare herbal that I would rather drink white than plain. Lee, teas.co.uk, Tunbridge Wells.

In short: Twinings Digest Ginger & Turmeric with Fig: What the Fig Does

Field	Detail
Brand	Twinings
Packs we stock	20 Tea Bags 40g
Category	Fruit & Herbal Tea
Caffeine	caffeine free
Steep	Five minutes, covered
Milk	Yes, oat or whole
Occasion	After dinner

More from the tea wiki

- [Twinings: Tea Range and Buying Guide](#)
- [How to Make Tea Properly: The Eight Step Method](#)
- [Caffeine in Tea](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Ginger Tea](#)
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