

# Twinings Superblends Glow: The Green Tea Under the Fruit

From the teas.co.uk wiki

**Twinings Superblends Glow: The Green Tea Under the Fruit, in summary:** Glow is green tea with fruit on top rather than a fruit infusion, flavoured with strawberry and cucumber. Brew it at about 80 degrees for two minutes, and try it cold.

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

**Read the ingredient list and [green tea](#) comes first, at 39 per cent of the blend.** That single fact explains the [caffeine](#), the faint grip in the cup and why boiling water is the quickest way to spoil it.

## Why cucumber belongs in the bag

Strawberry leads the aroma and smells much sweeter than it tastes, which is normal for fruit flavouring over tea. Left to itself in hot water, strawberry drifts towards jam. The cucumber is the counterweight: a cool, green, faintly watery edge that keeps the cup tasting fresh, so the result sits nearer a cold drink than a dessert.

Beneath both sits the green tea, the largest single ingredient, with apple pieces, nettle and [peppermint](#) also on the list. The leaf gives the cup its shape and a light, drying grip at the finish, which is why it refreshes rather than lingers. Each of the 20 bags holds 2g, a normal weight for a green tea that shares its bag with fruit and herbs.

## Temperature decides the cup

Because this is green tea, boiling water is the one mistake that really matters. Scalded leaf turns harsh and astringent, and the fruit cannot mask it. Boil the kettle, let it stand three or four minutes so it drops to about 80 degrees, then brew for two minutes and no more than three.

If it comes out thin, reach for a second bag or a smaller mug rather than extra time, since a longer steep only adds dryness. The caffeine comes from the leaf alone, and since the tea shares its bag with fruit pieces and herbs, this is a light caffeinated cup rather than a strong one. It still belongs to the daytime rather than the last hour before bed.

## Better cold, and where it fits

Unusually for a flavoured green tea, we would rather drink this one iced. The cucumber comes through far more clearly once the drink is cold, and the strawberry reads as fresh fruit instead of sweets. Brew it as normal at 80 degrees, let it cool, then pour over ice. The label shows about 1 kcal per 100ml, so any sweetness is yours to add.

Hot or cold, it is a daytime cup. Serve it with a salad lunch or cold chicken on a warm afternoon. It has little in common with the Twinings black teas we stock, such as the [Assam](#) or [Darjeeling](#), and if you want the same fresh, fruity idea late at night, a pure fruit infusion with no tea leaf is the better route.

## The packs we stock

- [Twinings Superblends Glow Strawberry & Cucumber with Green Tea 20, 40g](#) (barcode 070177178529)

## What the label says

The published ingredient list for Twinings Superblends Glow Strawberry & Cucumber with Green Tea 20, 40g names none of the 14 major allergens. Twinings may revise Glow's recipe or its allergen advice; check the Glow box on sale now before buying.

**Ingredients, as published:** Green Tea (39%), Apple Pieces, Nettle, Natural Strawberry Flavouring with other Natural Flavourings (8%), Peppermint, Natural Cucumber Flavouring (5%), Natural Flavouring, Aloe Vera Juice Granules (1%), Biotin (1%).

### Typical values per 100ml Per 100ml

|                    |        |
|--------------------|--------|
| Energy             | 1 kcal |
| Fat                | 0g     |
| of which saturates | 0g     |
| Carbohydrate       | <0.5g  |
| of which sugars    | <0.5g  |
| Protein            | 0g     |
| Salt               | 0g     |

*Ingredient and nutrition information for this product, as published on the manufacturer's label. Whatever Glow box you hold outranks this page.*

## What to eat with it

- [Britannia Good Day Butter Cookies, 216g](#): a butter cookie for the hot cup, simple enough that the strawberry still leads.
- [Border Butterscotch Crunch Organic Biscuits, 135g](#): a richer, butterscotch-sweet biscuit to set against a fresh, slightly drying glass.

- [Cadbury Snowy Fingers Milk & White Chocolate Coated Biscuits Tray, Limited Edition, 115g: chocolate](#) fingers for an iced glass on a warm afternoon, sweet against the cool cucumber.

## 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

**Is Twinings Glow a green tea or a fruit tea?** A green tea with strawberry and cucumber flavouring over the top. Green tea is the first ingredient on the label, which is why you brew it like a green tea.

**Is Glow a good late-evening drink?** Not really. The green tea brings caffeine, if only a light amount because the leaf shares its bag with fruit and herbs, so for late at night pick a pure fruit infusion.

**What temperature water should I use?** Around 80 degrees: boil, then wait three or four minutes before pouring. Boiling water makes the leaf harsh.

**Can you actually taste the cucumber?** Yes, as a cool, green note that keeps the strawberry from turning jammy, and it is clearer iced than hot.

**Will a longer steep make it stronger?** No, only drier. Keep it to two minutes, three at most, and use a smaller mug if you want more flavour.

*Curator's note: Make a jug on a warm day, let it go cold and pour it over ice. Hot, it is pleasant; cold, the cucumber finally gets its say. Lee, teas.co.uk, Tunbridge Wells.*

## In short: Twinings Superblends Glow: The Green Tea Under the Fruit

| Field                    | Detail                                                              |
|--------------------------|---------------------------------------------------------------------|
| Brand                    | Twinings                                                            |
| Packs we stock           | 40g                                                                 |
| Category                 | Green Tea                                                           |
| Allergens (as published) | Glow's published recipe avoids every one of the 14 major allergens. |
| Caffeine                 | caffeinated                                                         |
| Water                    | About 80 degrees                                                    |
| Steep                    | Two minutes, three at most                                          |
| Serve                    | Iced, on a warm afternoon                                           |

## 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](#)
- [Green Tea: Processing and Brewing Guide](#)

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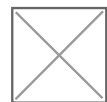
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