Teapigs Superfruit: The Berry Infusion Explained

From the teas.co.uk wiki

> **Teapigs Superfruit, in short:** Superfruit is a caffeine free berry infusion built on hibiscus, with elderberries, currants, blackcurrants, cranberries and blueberries. Teapigs describes it as very fruity and a little tart.

Teapigs Superfruit is a fruit infusion, not a tea: it has no tea leaf and no caffeine. The base is hibiscus, with five kinds of berry and currant on top, and it brews into a tart, deep red cup that works hot or iced.

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

What is in it

Teapigs lists the ingredients in this order:

- Hibiscus
- Elderberries
- Currants
- Blackcurrants
- Natural flavouring
- Cranberries
- Blueberries

Hibiscus comes first on the list, and it sets the character of most red fruit infusions. Our hibiscus guide explains what it brings, and if you would rather avoid it, see fruit tea without hibiscus.

A word on the name. Superfruit is what Teapigs calls the blend. It is a product name, and we make no claims for it beyond what is in the bag.

How it tastes

Teapigs' own description is short: super fruity, and a little tart. That fits the recipe. Hibiscus is usually described as sharp and cranberry like, and blackcurrant and elderberry add a darker berry note.

There is no sugar in the ingredient list, so the cup is fruity but not sweet. That gap between a sweet smell and a sharper taste is common to the whole style, as we explain in why fruit tea smells sweeter than it tastes. For the wider family, start with our fruit tea guide.

How to make it hot

Teapigs' directions are one tea temple per person, boiling water, and three minutes or more. The maker adds that whole fruit takes longer to brew than leaf, so do not rush it. A longer brew gives a deeper colour and a sharper cup.

Like most fruit infusions, it is drunk without milk.

How to make it iced

Fruit infusions are among the easiest drinks to serve cold, because there is no tea leaf to turn bitter. The simple method:

1. Brew two temples in a mug of boiling water for five minutes or more, so the drink is strong.
2. Take the temples out and let the mug cool.
3. Pour over a tall glass of ice and top up with cold water.

For a jug, scale it up and chill it in the fridge. Sweeten it if you like, since the brew itself has no sugar. Our guide to making iced tea has the general method.

The 50 pack

We stock Teapigs Superfruit in the 50 temple pack, which weighs 125g. That works out at 2.5g of fruit in each temple. It is the size to buy once you know you like it, or if a household gets through a few cups a day.

Teapigs also sells the blend in smaller boxes and loose on its own site. If you want to try a Teapigs fruit blend in a small box first, we stock Teapigs Strawberry and Juniper in a 15 temple box. The rest of the range is covered in our guide to the best Teapigs teas, and everything similar is on the fruit and herbal shelf.

Teapigs fruit infusions in stock

Superfruit in the 50 temple pack, with two more Teapigs infusions in smaller boxes.



Teapigs Superfruit, 50 Tea Bags 125g

~~£14.00~~ Original price was: £14.00.£11.20Current price is: £11.20.

View pack and details ?



Teapigs Strawberry and Juniper, 15 Tea Bags 37.5g

~~£7.00~~ Original price was: £7.00.£5.60Current price is: £5.60.

View pack and details ?



Teapigs Lemon and Ginger, 15 Tea Bags 37.5g

~~£7.00~~ Original price was: £7.00.£5.60Current price is: £5.60.

View pack and details ?

See all Teapigs teas ?

Autumn Sale prices shown. The sale ends on 24 December.

These are products sold by teas.co.uk. Every order includes a free tea sample, and UK delivery is free over £35. Check each product page for the latest price, availability and pack information.

Superfruit at a glance

Question	Answer
What is it?	A hibiscus and berry fruit infusion
Ingredients	Hibiscus, elderberries, currants, blackcurrants, natural flavouring, cranberries, blueberries
Caffeine	None. Teapigs lists it as naturally caffeine free
Taste, in the maker's words	Super fruity and a little tart
Brew	One temple, boiling water, 3 minutes or more
Milk	Not usual
Calories	Teapigs gives 3 calories per cup
Pack we stock	50 tea temples, 125g

Common questions

Does Teapigs Superfruit contain caffeine?

No. Teapigs lists it as naturally caffeine free, and there is no tea leaf in the ingredients.

Is there sugar in Teapigs Superfruit?

No sugar is listed in the ingredients. Teapigs' nutrition table shows 0 sugar per 100ml and 3 calories per cup.

Is Teapigs Superfruit suitable for vegans?

Teapigs labels it dairy free, gluten free and suitable for vegetarians and vegans.

Biscuits to go with it

A tart berry cup sits well next to something sweet.



Border Dark Chocolate Raspberry Biscuits, 150g

~~£3.75~~ Original price was: £3.75.£3.00Current price is: £3.00.

View pack and details ?



Border Lemon Drizzle Melts Organic Biscuits, 150g

~~£3.00~~ Original price was: £3.00.£2.40Current price is: £2.40.

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Border Classic Biscuit Sharing Pack, 400g

~~£5.50~~ Original price was: £5.50.£4.40Current price is: £4.40.

View pack and details ?

See all biscuits ?

Autumn Sale prices shown. The sale ends on 24 December.

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Reference noted

Ingredients, directions and nutrition figures are from the Teapigs super fruit tea product page.

More from the tea wiki

- Twinings Cranberry and Raspberry
- Best Fruit and Herbal Tea Bags UK
- Fruit tea without hibiscus: how to find a gentler cup

- Best Teapigs Tea: What to Actually Buy
- Berry Tea
- Pukka vs Teapigs
- Herbal and Fruit Infusions
- Teapigs All Day Brew and Everyday Brew: The Same Tea?
- The whole Tea Wiki, A to Z

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