Dalgety Moringa with Green Tea

From the teas.co.uk wiki

> **Dalgety Moringa with Green Tea, in summary:** Dalgety Moringa with Green Tea pairs nutrient-dense moringa with a caffeinated green base. A Caribbean kitchen staple in a UK supermarket bag. Verdict inside.

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

Dalgety Moringa with Green Tea blends Caribbean moringa leaf with classic green tea for a cup that's more accessible than pure moringa and slightly more nutritionally rich than plain green tea. The green tea base softens moringa's earthy character; the moringa adds a vegetal depth that smooths green tea's grassiness. Caffeinated (from the green tea component), with the catechins green tea naturally carries.

Why this blend exists

Pure moringa is a polarising drink. Many UK drinkers find single ingredient moringa too earthy or vegetal for daily enjoyment. Adding a green tea base gives the cup a more familiar character, the classic green tea framework you already know, with moringa's mineral vegetable depth layered behind.

For the Caribbean diaspora, this kind of blend respects traditional moringa drinking while making it more approachable to family members or visitors who didn't grow up with it. For curious mainstream drinkers, it's an entry point to moringa that doesn't require committing to a strong flavoured single leaf cup.

What's in the bag

- **Green tea.** Standard sencha style or commodity green tea base, providing the body and the caffeine.
- **Moringa leaves.** Dried whole leaves contributing the mineral vegetal character and the bulk of the "superfood" credentials.

The exact ratio varies by batch but typically sits around 60% green tea, 40% moringa.

Cup character

The brewed cup is golden yellow with a faint green hue. Aroma is fresh grassy with a slight savoury depth. Flavour is recognisably green tea with a longer lasting vegetable leaf finish. Less astringent than plain green

tea (the moringa softens the catechins), more interesting than plain green tea (the moringa adds earthy notes that pure green doesn't have).

What the moringa actually adds

Moringa leaf really is nutrient dense by dry weight, which is the seed of its "superfood" reputation, but a brewed cup infuses only a little leaf, so each cup's share of any vitamin or mineral is modest, nowhere near a supplement dose. The reliable active in this cup is the caffeine from the green tea base, smoothed a little by its L-theanine, alongside a mild, earthy, vegetal moringa character and a slightly broader polyphenol mix than green tea alone. Enjoy it as a pleasant, mildly functional everyday cup rather than a vitamin delivery system. This is general information, not medical advice.

How to brew

1. 1 tea bag per 200ml mug.
2. Water at 80-85°C, NOT boiling. Boiling water makes the green tea base bitter.
3. Steep 3-4 minutes for a balanced cup. Longer extraction (5-6 minutes) brings out more moringa character but increases astringency.
4. Drink it black, or add a little honey to the moringa green. Avoid milk, it dulls the green tea catechins.
5. Optional: lemon or fresh ginger.

When to drink it

- **Morning (alternative to coffee).** Caffeine plus L theanine plus moringa nutrients makes for a steady energy morning cup.
- **Mid afternoon.** Green tea caffeine level is lower than coffee, drinkable later in the day without disrupting sleep.
- **After workouts.** A light, mildly caffeinated drink. Better post workout than sugary recovery drinks.
- **Avoid late evening.** Caffeinated. Use plain moringa (caffeine free) for evening drinking.

Cautions

- **Caffeinated.** It contains green tea, so keep it to the daytime and within sensible caffeine limits.
- **Medication and pregnancy.** Moringa is generally well tolerated as a tea, but if you are pregnant, breastfeeding or taking medication (for example anticoagulants, where moringa's vitamin K is a theoretical interaction), ask a pharmacist, GP or midwife rather than relying on a "natural" label.
- **Iron absorption.** Tea tannins reduce non-heme iron uptake, so drink it between meals rather than with iron-rich food.

Caffeine

25-35mg per 200ml cup. Lower than coffee, comparable to or slightly higher than plain green tea. The moringa portion contributes 0mg; all caffeine is from the green tea base.

Comparison: Pure Moringa vs Moringa with Green Tea

Attribute	Pure Moringa	Moringa with Green Tea
Caffeine	0mg	25-35mg
Cup character	Earthy, vegetal	Familiar green tea + moringa depth
Best time	Any time, evening friendly	Morning to mid afternoon
Approachability	Polarising	More approachable
Antioxidant load	Moringa polyphenols only	Catechins + moringa polyphenols

Buying

Quick Buy: Dalgety Moringa with Green Tea. You can buy Dalgety moringa green from specialist Caribbean grocers and online tea specialists. Not stocked in mainstream UK supermarkets.

Other Dalgety products in the same range

- Dalgety Pure Moringa, single ingredient, caffeine free version.
- Dalgety Soursop and Moringa, two Caribbean superfoods blended.
- Dalgety Pure Soursop, Soursop and Ginger: more Caribbean infusions in the same traditional vein.

FAQ

Does Moringa with Green Tea contain caffeine? Yes, 25 to 35mg a cup, all of it from the green tea. The moringa portion is caffeine free.

Is this healthier than plain green tea? Slightly broader polyphenol profile. Modest difference, drink whichever you'll consistently drink.

Best brewing temperature? 80-85°C. Boiling water makes the green tea base bitter.

Can I drink it iced? Yes, cold brewed (4 hours, fridge) makes a clean refreshing iced tea. More on cold brew here.

Is it OK in pregnancy? Keep within caffeine limits and go easy on heavy daily moringa; if in doubt, check with your midwife or GP.

Curator's note: this is the moringa I recommend to first time drinkers. The green tea base does the heavy lifting on accessibility while the moringa earns its place. After a few weeks of this blend, the pure version makes more sense. Lee, teas.co.uk, Tunbridge Wells.

Buy it in the Dalgety range, compare with the green tea range and wider herbal range, or browse the full tea shop.

FROM THE CURATOR

teas · Free UK delivery starts at £35, roughly two or three bags of moringa green. Build a small

moringa order rather than one splurge.

Moringa companion reading

- Green tea
- Herbal tea overview
- Caffeine in tea
- Moringa tea

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