Dragonfly Vanilla Rooibos

From the teas.co.uk wiki

> **Vanilla Rooibos, in summary:** Dragonfly vanilla rooibos is the organic red-rooibos-and-real-vanilla blend; sweet, creamy, vanilla-forward; the dessert-replacement cup.

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

Dragonfly Vanilla Rooibos pairs South African red bush tea with real vanilla, sweet, comforting, naturally caffeine free, and one of the most accessible introductions to rooibos for drinkers who find pure rooibos too austere. The vanilla amplifies rooibos's natural sweetness and turns the cup into something that leans towards dessert. Pregnancy friendly, child friendly, evening friendly.

What's in the bag

- **Rooibos.** Organic Cederberg region South African red bush.
- **Vanilla.** Real vanilla pieces or natural vanilla flavouring (varies by batch, check packaging if you specifically want pod pieces).

Organic certified across the supply chain. Plant fibre tea bags, no plastic seal.

What it tastes like

The cup is amber red with a creamy vanilla aromatic. Rooibos's natural woody sweet character is amplified by the vanilla, so the cup reads as dessert, with a hint of custard. Drinks well black; takes milk beautifully (vanilla rooibos latte is a serious comfort drink); needs no added sugar.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C). Rooibos tolerates full boil.
3. Steep 5-7 minutes for full vanilla aromatic release.
4. Drink black, or add a splash of warmed milk for a vanilla rooibos latte.
5. Optional: cinnamon dust on top.

Use cases

Vanilla rooibos latte (the everyday comfort drink)

1. Brew 1 bag in 100ml water for 5 minutes.
2. Heat 200ml whole milk (or oat milk) to just below boiling.
3. Combine in a mug. Stir.
4. Optional: dust cinnamon on top.

Naturally sweet, comforting, completely caffeine free. A workable evening alternative to coffee based hot chocolate or chai latte.

Iced vanilla rooibos

Cold brew 4 bags in 1L cold water for 6-8 hours. Strain. Serve over ice. Excellent summer alternative to sweetened iced coffee.

Dessert pairing

Pairs beautifully with vanilla cake, custard tarts, lemon biscuits, ginger cake. The vanilla sits comfortably with dessert flavours.

Evening wind down

Caffeine free with a comforting flavour profile. Workable bedtime drink.

Children's drink

Naturally sweet, caffeine free, dessert leaning, kids tend to love it. A "grown up" hot drink for children that doesn't involve sugar overload.

Why rooibos + vanilla works

Rooibos has natural caramel vanilla aromatic notes from its oxidation process. Adding actual vanilla amplifies and concentrates these notes, the two ingredients are mutually reinforcing rather than competing. This is why vanilla rooibos blends from various brands consistently rate well; the pairing is a very good match.

Comparison with other vanilla teas

Product	Base	Caffeine	Character
Dragonfly Vanilla Rooibos	Rooibos	0mg	Sweet, comforting
Pukka Vanilla Chai	Black tea + spices + vanilla	30-50mg	Spiced + sweet
Twinings Vanilla Black Tea	Black tea + vanilla	40-50mg	Sweet black
Whittard Vanilla Tea	Black tea + vanilla	40-50mg	Sweet black, premium

Cautions

- **Allergies.** Rooibos legume cross reactions uncommon. Vanilla allergy uncommon but possible.

- **Pregnancy.** Generally considered safe.
- **Children.** Widely considered safe.
- **Diabetes.** The cup is naturally sweet but contains no actual sugar, so it is sugar free unless you add some.

Caffeine

0mg.

Storage

Vanilla aromatic is volatile, finish opened packaging within 6-8 months for peak vanilla character. Sealed unopened packaging is fine for 12+ months.

Buying

Quick Buy: Dragonfly Vanilla Rooibos. teas.co.uk stocks Vanilla Rooibos, as do other specialist UK tea retailers.

FAQ

Is Dragonfly Vanilla Rooibos sweet? Naturally yes, but no added sugar. The sweetness comes from rooibos's natural caramel notes amplified by vanilla.

Is it caffeine free? Yes, completely.

Pregnancy and children? Generally safe for both.

Can I make a vanilla rooibos latte? Yes, brew strong, add steamed milk, optional cinnamon dust. A really comforting drink.

Best caffeine free dessert tea? Vanilla rooibos is one of the most accessible. Pukka Three Cinnamon and Pukka After Dinner are alternatives in similar territory.

Curator's note: vanilla rooibos latte is one of the great underrated evening drinks. Cheaper than a chai latte, completely caffeine free, and the comfort hit is real. We drink this most evenings as the proper "treat tea" of the cupboard. Lee, teas.co.uk, Tunbridge Wells.

Dragonfly Vanilla Rooibos, at a glance

Aspect	Note
Product	Red rooibos with real vanilla pod pieces; organic
Brand	Dragonfly, UK organic infusion specialist
Certification	Soil Association organic; rooibos and vanilla both organic-certified
Caffeine	Zero
Taste	Sweet, creamy, vanilla-forward; the dessert-cup-without-dessert
Brewing	5-7 minutes boiling water
Use case	Post-dinner dessert replacement; cold-evening comfort cup

Aspect	Note
Compare to	Twinings vanilla black tea, vanilla chai, Yogi Honey Vanilla

Closer to home, the rooibos range and Dragonfly range.

FROM THE CURATOR

teas · Infusing it well beats shopping for it well. Brewed with care, a modest vanilla rooibos bag can outdo a careless premium one.

Further reading

Continue with rooibos tea, Dragonfly pure rooibos, Dragonfly Earl Grey rooibos, caffeine-free tea, vanilla tea and herbal tea.

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