Good Earth Rooibos Chai

From the teas.co.uk wiki

> **Good Earth Rooibos Chai, in summary:** A caffeine free chai on a rooibos base: the warming spice set, naturally sweet and mellow, a real evening and pregnancy friendly option.

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

Good Earth Rooibos Chai is the caffeine free chai that actually delivers, South African red bush replacing the traditional black tea base, with full chai spices on top. The cup is sweet, warming, and recognisably chai without keeping you awake. Pregnancy friendly, evening friendly, child friendly. One of the better caffeine free chai options on the UK shelf.

Why rooibos chai works

Traditional masala chai uses CTC Assam black tea, strong, malty, with caffeine. The black tea provides body and stand up to milk character. Replace it with rooibos and you get:

- **Same warming spice profile.** Cardamom, cinnamon, ginger, cloves, pepper unchanged.
- **Sweet woody base instead of malty.** Rooibos's natural sweetness amplifies the spice character.
- **Zero caffeine.** Drink any time of day.
- **Drinks beautifully with milk.** Rooibos handles milk like black tea does.

The cup loses none of the "feels like chai" character; it gains caffeine free flexibility. More on caffeine free chai.

What's in the bag

- **Rooibos.** South African red bush, naturally caffeine free.
- **Cardamom.** Dominant chai aromatic.
- **Cinnamon.** Warming sweetness.
- **Ginger.** Gentle heat.
- **Cloves.** Sharp depth.
- **Black pepper.** Background warmth.

- **Possibly: vanilla, star anise.** Brand specific variations.

What it tastes like

The cup is amber red, warmly spiced, naturally sweet. Cardamom forward, cinnamon and ginger close behind, rooibos's woody sweet base supporting everything. Drinks beautifully with milk; needs less sugar than black tea based chai because rooibos contributes natural sweetness.

How to brew

Standard brewing

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C). Rooibos tolerates full boil.
3. Steep 5-7 minutes for full extraction.
4. Take it plain or with a splash of milk.

Rooibos chai latte

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

The latte version is properly satisfying, close enough to a traditional chai latte to be a real substitute.

Use cases

- **Evening chai.** The reason most drinkers buy this, the chai cup without the caffeine consequences.
- **Pregnancy.** 0mg caffeine; standard chai spices generally safe in moderation. More on pregnancy and tea.
- **Children.** Anything about age or dose for children is better put to a pharmacist, health visitor or GP.
- **Caffeine sensitive drinkers.** Anxiety, migraine, sleep affected, chai without trigger.
- **Iced rooibos chai latte.** Cold brewed concentrate + cold milk + ice. Excellent. More on cold brew.

Comparison with other caffeine free chai options

Product	Base	Character
Good Earth Rooibos Chai	Rooibos + spices	Sweet, warming, accessible
Dragonfly Cape Chai Rooibos	Rooibos + spices	Organic, premium tier. More here
Pukka After Dinner	Spices only, no tea base	Lighter, more herbal
Drink Me Chai caffeine free sachet	Spice + milk powder	Latte style instant
Yogi Egyptian Liquorice Chai	Spice + liquorice	Stronger liquorice character

Caffeine

0mg.

Cautions

- **Pregnancy.** In pregnancy the NHS draws the line at 4 cups of herbal tea daily, and tells you to avoid liquorice root teas. Ask your midwife or pharmacist if unsure.
- **Allergies.** Rooibos legume cross reactions uncommon.
- **Children.** Anything about age or dose for children is better put to a pharmacist, health visitor or GP.
- **Iron absorption.** Rooibos has minimal tannins compared to black tea, less impact on iron absorption.

Buying

Specialist UK tea retailers and supermarkets both sell it.

FAQ

Is it really caffeine free? Yes, completely. Rooibos has 0mg caffeine; the spices are also caffeine free.

Does it taste like real chai? Yes, recognisably chai. Slightly sweeter than black tea based; same spice character.

Pregnancy safe? In pregnancy the NHS asks for herbal tea to stay at 4 cups a day, ruling out teas with liquorice root; being caffeine free does not make every blend suitable, so check with your midwife or pharmacist if unsure.

Best for evening drinking? Yes, a caffeine free chai cup that leaves sleep alone.

Latte? Yes, works beautifully as a latte. Brew strong, add steamed milk.

Curator's note: of all the caffeine free tea categories, rooibos chai is among the biggest successes. The black tea to rooibos swap retains nearly all the chai character while opening up evening, pregnancy, and child drinking. Worth keeping in the cupboard. Lee, teas.co.uk, Tunbridge Wells.

Related on the wiki: Good Earth Passionfruit Orange Tropical Caffeine Free.

Buy it via the Good Earth range, compare in the chai range and wider caffeine-free range, or the full tea shop (free UK delivery over £35).

FROM THE CURATOR

teas · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

Caffeine free chai reading

- Chai tea (the pillar)
- Chai category

- Caffeine free chai
- Chai from scratch

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/