

Strawberries and cream sweets

From the sweeties.net wiki

Strawberries and cream sweets are boiled sweets flavoured to taste like strawberries served with cream. The recipes here contain no cream at all: the taste comes from flavourings. See [what are boiled sweets?](#)

The Wimbledon connection

Strawberries and cream are traditionally eaten by spectators at the Wimbledon tennis championships, and the dish has become closely tied to the tournament. One story traces the tradition to a visit Henry VIII paid to his Lord Chancellor, Cardinal Wolsey, at Hampton Court, when Wolsey's cook is rumoured to have served wild strawberries with cream. In 2017, fans got through 34,000 kg of British strawberries and 10,000 litres of cream, and in 2019, 191,930 portions of strawberries and cream were served.

What is in them

The UK retailer Sweets and Candy sells two versions.

Strawberry and Cream. Sugar, glucose syrup, water, citric acid, flavourings and the colour E129. The retailer lists them as suitable for vegetarians.

Sugar Free Strawberry and Cream. Isomalt, citric acid, flavouring, the colours anthocyanins and copper chlorophyll, and stevia glycosides as a sweetener. The retailer lists them as vegetarian too.

No cream, but check for milk

Neither recipe lists cream, milk or any other dairy ingredient. Even so, the retailer warns that both may contain milk, and says its sweets are packed where milk is handled, so they are not a safe choice for anyone with a milk allergy: see [what does may contain mean on sweets?](#)

The colours

- **E129**, allura red, colours the sugar version. It is one of the six colours that must carry the warning may have an adverse effect on activity and attention in children, and the listing shows it: see [the Southampton six colours](#)
- **Anthocyanins**, in the sugar free version, are plant pigments that can look red, pink, purple, blue or black depending on acidity.
- **Copper chlorophyll**, also in the sugar free version, is a green colour made from chlorophyll, with the E number E141.

The sugar free version

Isomalt is a sugar substitute made of two sugar alcohols, and stevia glycosides add sweetness. Foods with more than 10 per cent added polyols such as isomalt must carry the warning excessive consumption may produce laxative effects, and this listing does. It also says the sweets are not suitable for children under three: see [why do sugar free sweets carry a laxative warning?](#)

Strawberry cousins

For other strawberry sweets, see [giant strawberries](#), [strawberry bonbons](#) and [fizzy strawberry belts](#)

In our pick and mix

We sell [SW030](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the strawberries and cream sweets we actually stock.

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