

Winter mixture

From the sweeties.net wiki

Winter mixture is a mixture of hard boiled sweets with warming flavours, sold individually wrapped. The UK retailer Sweets and Candy describes its winter mixture as winter warming sweets that usually include herbal sweets, aniseed sweets and mint flavour sweets.

What is in it

Winter Mixture, as listed by Sweets and Candy. Sugar, glucose syrup, water, citric acid, sweetened condensed skimmed milk, palm kernel oil and palm stearin, flavourings, the colours E122, E129, E142, E153 and E155, and soya lecithin. The retailer lists it as suitable for vegetarians.

Why a boiled sweet contains milk

The recipe lists sweetened condensed skimmed milk, which brings milk into a bag of boiled sweets. That matters for anyone with a milk allergy: see [milk in sweets](#)

The flavours

The herbal, aniseed and mint flavours of winter mixture are the same family as other British sweets for cold weather: cough candy, Army and Navy sweets and buttermints: see [cough candy](#), [Army and Navy sweets](#) and [butter mints](#)

Like cough candy, winter mixture is a sweet, not a medicine. The recipe here contains no active ingredients, unlike medicated throat lozenges, which contain substances such as menthol or mild antiseptics.

Colours and allergens

- **Warning colours.** Carmoisine, E122, and allura red, E129, are two 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](#)
- **Milk and soya.** The recipe contains condensed skimmed milk and soya lecithin: see [soya in sweets](#)
- **May contain.** The retailer warns that it may contain nuts and gluten.

Safety

These are hard sweets, and the NHS says not to give young children hard foods such as boiled sweets, because of the risk of choking: see [hard sweets and young children](#)

In our pick and mix

We do not sell winter mixture, but we do sell [SW038](#) and [SW040](#). Each card opens up to show the full ingredients and allergens for the sweets we actually stock.

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