



DREXEL UNIVERSITY

Food Lab

Center for Hospitality & Sport Management

Time	Room-temp (cold)	Fridge (36°)	Fridge on Ice
8:30 AM	Frozen	Frozen	Frozen
9:00 AM	Frozen	Frozen	Frozen
9:30 AM	Frozen	Frozen	Frozen
10:00 AM	29°	22°	18°
10:30	33° perfect	25°	20°
11:00 AM	40°	28°	23° (hard to stir)
11:30	45° (still good, end perfect)	29° (perfect when stirred)	23°
12:00 PM	46°	30°	25°
12:30	47°	30°	25°
1:00 PM	47°	32° (perfect)	28°
1:30 PM	47°	32°	28°
2:00 PM	50° (good color, starting to thin)	32°	29°
2:30 PM	50°	32°	29° (still very cold in middle)
3:00 PM	51°	32°	29°
3:30 PM	53°	33°	29°
4:00 PM	55°	33°	29°
4:30 PM	56°	33°	30°
5:00 PM	59°	33°	30°
5:30 PM	60°	33°	31° (perfect when stirred a lot)
6:00 PM	62°	34°	31°
6:30 PM	63°	34°	32°
7:00 PM	63°	35°	32° (Perfect)
7:30 PM	65°	35°	32°
8:00 PM	66°	36°	33°
8:30	66° (fine color, too thin)	36° (good color, still in perfect range)	33°

Get Real Get Raw Groothie Thawing Chart

Groothie blended from frozen at 8:30 am- cupped with a lid, straw used to stir

Recommendations:

- Never Keep Groothie at room temperature
- Allow Groothies cupped in refrigerator for 8 hours
- If kept on ice, Groothie can be refrigerated for 10 hours