CLAIMS

1. A method for extracting oil from an oil-containing phospholipid composition, comprising the steps of:

(a) providing the oil-containing phospholipid composition, said composition comprising phospholipids and oil, the oil being in an amount of between 20 and 80 wt% relative to the total weight of the oil composition;

(b) admixing water with the oil-containing phospholipid composition to obtain an aqueous composition, wherein the weight ratio of composition to water is between 6.0:1.0 and 1.3:1.0;

(c) separating the aqueous composition into an oil-rich fraction and an oil-depleted fraction, the oil-depleted fraction comprising water and phospholipids; and

(d) removing the separated oil-rich fraction to obtain an aqueous, oil-depleted fraction comprising phospholipids;

(e) optionally drying the aqueous, oil-depleted fraction to obtain a dried oil-depleted fraction comprising phospholipids.

2. The method of claim 1, wherein the amount of oil contained by the oil-containing phospholipid composition is between 40 and 78 wt%, more preferably between 50 and 76 wt%, most preferably between 60 and 75 wt%.

3. The method of any one of the preceding claims, wherein the oil-containing phospholipid composition is obtained by degumming a raw oil.

4. The method of any one of the preceding claims, wherein the raw oil is a vegetable oil and the vegetable oil is chosen from the group of oils consisting of acai oil, acrocomia oil, almond oil, babassu oil, blackcurrant seed oil, borage seed oil, rapeseed, oil, cashew oil, castor oil, coconut oil, coriander oil, corn oil, cottonseed oil, crambe oil, linseed oil, grape seed oil, hazelnut oil, other nut oils, hemp seed oil, jatropha oil, jojoba oil, macadamia nut oil, mango kernel oil, lady's smock oil, mustard oil, neat's foot oil, olive oil, palm oil, palm kernel oil, palmolein oil, peanut oil, pecan oil, pine kernel oil, pistachio oil, poppy oil, rice germ oil, safflower oil, camellia oil, sesame oil,

shea butter oil, soybean oil, sunflower oil, tall oil, tsubaki oil, walnut oil, grades of “natural” oils with fatty acid compositions that are modified by way of genetically modified organisms (GMOs) or traditional breeding, and a mixture of the preceding oils.

5. The method of any one of the preceding claims, wherein the oil-containing phospholipid composition contains phospholipids in an amount (as measured by the Acetone Insoluble (AI) method presented in the METHODS section) of at least 20 wt% relative to the weight of said composition, more preferably in an amount of at least 40 wt%, most preferably in an amount of at least 60 wt%.

6. The method of any one of the preceding claims, wherein the weight ratio of composition to water is between 5.0:1.0 and 1.5:1.0, more preferably between 4.0:1.0 and 2.0:1.0, most preferably between 3.5:1.0 and 2.5:1.0.

7. The method of any one of the preceding claims, wherein the oil-containing phospholipid composition is heated to a temperature of at most 90ºC, more preferably of at most 80ºC, most preferably of at most 70ºC, before admixing the water in step b.

8. The method of any one of the preceding claims, wherein the temperature of water, which is admixed with the oil-containing phospholipid composition in step b., is at most 95ºC, more preferably at most 85ºC, most preferably at most 75ºC.

9. The method of any one of the preceding claims, wherein the separation step is carried out for 1 hour to 120 hours.

10. The method of any one of the preceding claims, wherein the separation of the aqueous composition into the oil-rich phase and the oil-depleted fraction is carried out centrifugally.

11. The method of any one of the preceding claims, wherein the oil-depleted fraction is dried, e.g. freeze-dried or vacuum dried, to a moisture content of at most 5.0 wt%, more preferably at most 2.0 wt%, most preferably at most 1.0 wt%.

12. The method of any one of the preceding claims, wherein steps c)-d) are repeated at least one more time.

13. A de-oiled phospholipid composition obtained by a de-oiling method using water, comprising water, phospholipids and oil, wherein the oil is in an amount of at most 10 wt%, the water is in an amount of at most 5 wt% and having an AI of at least 85.0 wt%, the wt% being expressed relative to the total weight of the composition,
wherein the composition contains an amount of at least 0.01 wt% tocopherol, more preferably at least 0.03 wt%, most preferably at least 0.05wt%, relative to the total weight of the composition.

14. A food product comprising the composition of claim 13 and a nutrient.