CLAIMS

1. A plant protein-containing high-protein foamable oil-in-water emulsion comprising:

3 to 15% by weight of plant protein; and

25 to 35% by weight of fats and oils,

wherein palm fractionated fats and oils and laurin-based fats and oils combined account for 50% by weight or more of the entire fats and oils, and

all of the palm fractionated fats and oils and the laurin-based fats and oils contained in the fats and oils have a slip melting point of 33°C or lower.

2. The plant protein-containing high-protein foamable oil-in-water emulsion according to claim 1, further comprising plant milk.