

ABSTRACT

An objective of the present invention is to solve protein deficiency of elderly people who tend to fail to take sufficient protein only from their daily diet, by providing a plant protein-containing high-protein foamable oil-in-water emulsion used in bread, confectionery, and others. The present invention has been accomplished by finding that a plant protein-containing high-protein foamable oil-in-water emulsion which includes 3 to 15% by weight of plant protein can be obtained by containing 25 to 35% by weight of fats and oils constituting the foamable oil-in-water emulsion, in which fats and oils having a slip melting point of 33°C or lower is 50% by weight or more of the entire fats and oils.