

Figure S1. Strain sweep curves of GMS (a), GMC (b) and GML (c) oleogel-based W/O HIPPEs before and after freeze-thaw cycles. Water distribution of GMS (a'), GMC (b') and GML (c') oleogel-based W/O HIPPEs before and after freeze-thaw cycles.

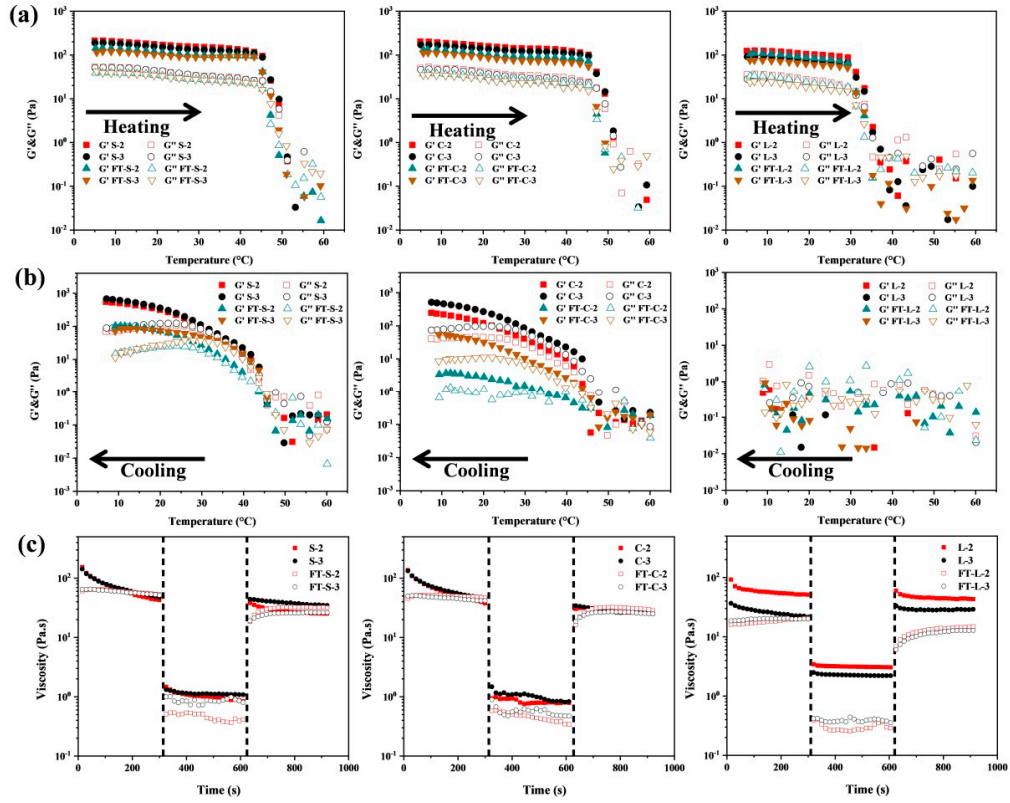


Figure S2. Temperature sweep curves during heating (a) and cooling (b) process and the thixotropic properties (c) of MAG-oleogel-based W/O HIPPEs ($\phi = 75\%$ and 80%) before and after 4 freeze-thaw cycles.

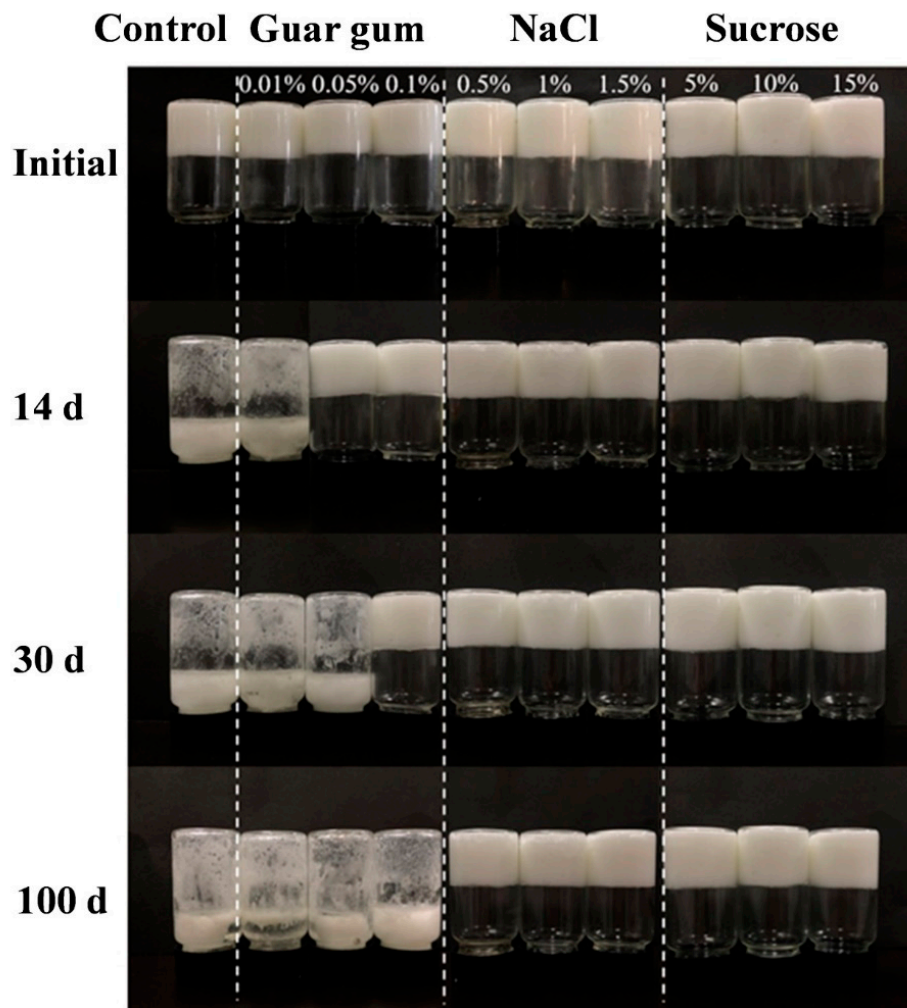


Figure S3. Appearance of GMS-oleogel-based W/O HIPPEs ($\phi = 85\%$) after 14-d, 30-d and 100-d storage.

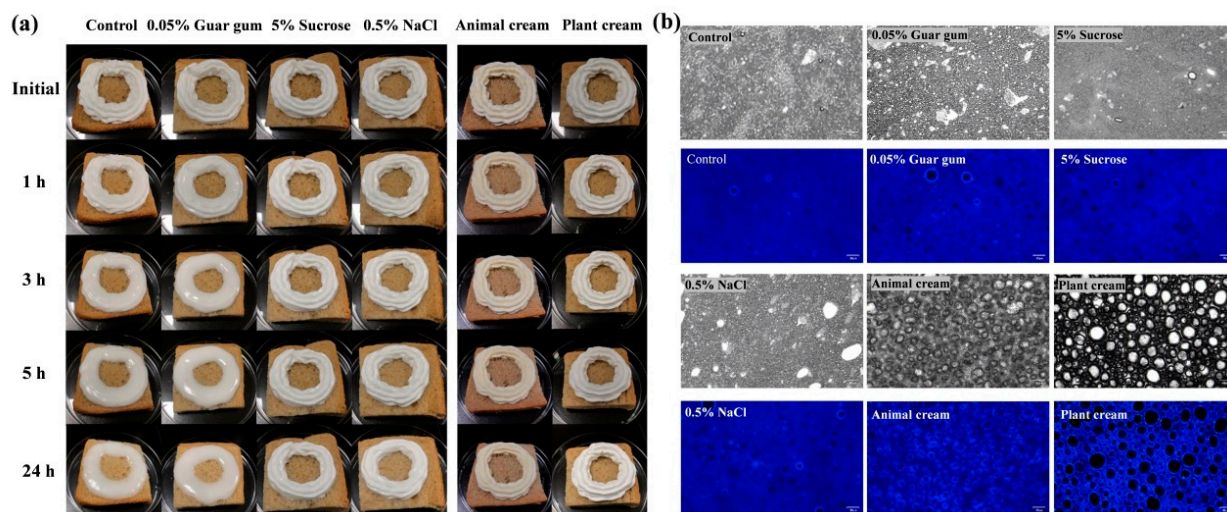


Figure S4. Effect of whipping on the short-term storage stability on the bread (a) and microstructure (b) of fresh oleogel-based W/O HIPPEs ($\phi = 85\%$) with different internal phase compositions.