Maple Cream and Coffee Milkshake

Ingredients:
Maple syrup, 2 tbsp
Frozen yogurt (vanilla, maple nut, or coffee flavors work best), 1/2 cup
Brewed coffee, cold, 8-12 oz.
Vanilla whey protein, 1 scoop
Almond butter, 1 tbsp
Sea salt, 1/4 tsp
Egg whites, 2
Low-fat whipped cream, 2 tbsp
Ice cubes

Directions:
1. Combine everything except the whipped cream in blender, and blend until smooth.
2. Top with whipped cream, and enjoy!