Healthy Everyday French Toast

- [ ] 3 Large Eggs
- [ ] 1 tablespoon Vanilla Extract
- [ ] 2 teaspoons Packed Brown Sugar (or a monkfruit sweetener)
- [ ] 1/2 teaspoon Ground Cinnamon
- [ ] 2 tablespoons Light Whipped Butter, melted
- [ ] 1 cup Low Fat Milk
- [ ] 8 slices Whole Grain White Bread
- [ ] Vegetable Oil Spray