PROJECTS

Aben Grants Incentive Stock Options

June 30, 2011

Vancouver, BC - Aben Resources Ltd. (TSX-V: ABN) (FWB: E2L) (the "Company") announces that pursuant to its stock option plan, the Company has granted incentive stock options to its various directors, officers, management, company employees and consultants to purchase up to an aggregate of 3,523,347 common shares in the capital stock of the Company, exercisable for a period of five years, at a price of $0.18 per share. The Company's 10% rolling stock option plan was approved by the shareholders at the Annual General Meeting of the Company held on February 23, 2011. These options are subject to a four-month hold period.

About Aben Resources:

Aben Resources is a Canadian gold and silver exploration company developing properties in the Yukon and Northwest Territories, Canada. The Company is well funded with approx. $8 million in its treasury.

For further information on Aben Resources Ltd. (TSX-V: ABN), visit our Company's web site at **www.abenresources.com**.

ON BEHALF OF THE BOARD OF DIRECTORS

"Jim Pettit"

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JAMES G. PETTIT
President

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