PROJECTS

Aben Grants Incentive Stock Options

April 21, 2014

Vancouver, BC – Aben Resources Ltd. (TSX-V: ABN) (OTC PK: ABNAF) (Frankfurt: E2L) (the "Company") wishes to announce that, in accordance with the terms of its 2014 Stock Option Plan, it has granted incentive stock options to directors, officers, employees, and consultants for the purchase of an aggregate 1,981,379 common shares of the Company at a price of $0.08 per share exercisable for a period of five years. The stock options are subject to TSX Venture Exchange approval and shareholder approval for insiders of the Company.

About Aben Resources:

Aben Resources is a Canadian uranium and gold exploration company with projects in Saskatchewan's Athabasca Basin, Yukon, and NWT. Aben holds an interest in approximately 40,000 acres of highly prospective ground within the eastern flank of the Athabasca Basin in northern Saskatchewan including a 40% interest in the Mann Lake uranium project located 25 kilometres to the SSW of the McArthur River Uranium Mine.

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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Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.