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NEWS RELEASE

January 17, 2022

Aben Resources Grants Incentive Stock Options

Vancouver, BC -- Aben Resources Ltd. (TSX-V: [ABN](#)) (OTCQB: [ABNAF](#)) (Frankfurt: [E2L2](#)) ("Aben" or "the Company") announces that it has granted 2,345,800 incentive stock options (the "Options") to its directors, officers, employees and consultants. The Options are exercisable at \$0.05 per share for a period of three years from the date of grant. The Options have been granted under and are governed by the terms of the Company's incentive stock option plan.

About Aben Resources:

Aben Resources is a Canadian gold and graphite exploration company with exploration projects in British Columbia, Ontario, and the Yukon Territory. Aben is a well-funded junior exploration company. Cornell McDowell, P.Geol., V.P. of Exploration for Aben Resources, has reviewed and approved the technical aspects of this news release and is the Qualified Person as defined by National Instrument 43-101.

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

ABEN RESOURCES LTD.

"Jim Pettit"

JAMES G. PETTIT

President & CEO

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This release includes certain statements that may be deemed to be "forward-looking statements". All statements in this release, other than statements of historical facts, that address events or developments

that management of the Company expects, are forward-looking statements. Although management believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance, and actual results or developments may differ materially from those in the forward-looking statements. The Company undertakes no obligation to update these forward-looking statements if management's beliefs, estimates or opinions, or other factors, should change. Factors that could cause actual results to differ materially from those in forward-looking statements, include market prices, exploration and development successes, continued availability of capital and financing, and general economic, market or business conditions. Please see the public filings of the Company at www.sedar.com for further information.