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NEWS RELEASE

November 21, 2023

Aben Minerals Commences Technical Report at Forrest Kerr

Vancouver, BC -- Aben Minerals Ltd. (TSX-V: [ABM](#)) (OTCQB: [ABNAF](#)) (Frankfurt: [R26](#)) ("Aben" or "the Company") is pleased to announce that it has commenced a NI 43-101 Technical Report at the Forrest Kerr Project, in British Columbia's Golden Triangle.

The author of the report is North Mountain Geosciences located in Smithers, BC. Our objective with commencing a technical report on the project is for two fundamental motives. One, collect and combine all of the exploration work and data to help determine future work programs and areas of interest on the project. And two, provide management with a fair market value for the project.

Since acquiring the project in 2016, the Company has invested over \$8,000,000 to discover multiple high-grade precious metal occurrences while many highly prospective targets remain untested.

Forrest Kerr Gold Project

The Company has an existing MX Permit for exploration in good standing and will entertain third party involvement to move the project forward.

The Forrest Kerr property is 100% owned by Aben Minerals Ltd and consists of 56 contiguous mineral claims covering 23,397 hectares in the center of the Golden Triangle of British Columbia, an area that hosts significant Au-Cu±Mo porphyry deposits, intrusion-related Au±Ag vein deposits and high-grade Au-Ag volcanogenic massive sulphide deposits. Forrest Kerr boasts a database comprised of 190 drill holes, 2,500 rock and 20,000 soil and silt samples. Highlight drill results include hole FK18-10 which intersected multiple high grade gold horizons **including 38.7 g/t Au over 10.0m, 3.9 g/t Au over 13.0m, 22.0 g/t Au over 4.0m, and 8.2 g/t Au over 14.0m.**

The property hosts 40 polymetallic mineral occurrences with mineralization styles ranging from discrete intrusion related Au + Cu +/- Ag veins to breccia, shear and stockwork zones in addition to areas with massive sulfide potential.

Qualified Person

Cornell McDowell, P.Geo., V.P. of Exploration for Aben Minerals, has reviewed and approved the technical aspects of this news release and is the Qualified Person as defined by National Instrument 43-101.

About Aben Minerals:

Aben Minerals is a Canadian gold exploration company with exploration projects in the Yukon Territory and British Columbia. The Company's goal is to increase shareholder value through new discoveries and developing exploration projects in geopolitically favourable jurisdictions. The Company has 18.7 million shares outstanding.

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For further information on Aben Minerals Ltd. (TSX-V: [ABM](#)), visit our Company's website at www.abenminerals.com.

ABEN MINERALS LTD.

"Riley Trimble"

Riley Trimble
President & CEO

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