

NEWS RELEASE

May 22, 2014

TSX - V Symbol: **ABU**

Production update for New Dual Leg Steelman Well

VANCOUVER, BC – Further to the January 24, 2014 news release, Abenteuer Resources Corp. ("Abenteuer" or the "Company") is pleased to provide an update on its new dual leg horizontal well drilled and completed in conjunction with its partner CanEra Energy Corp. ("CanEra"), a private petroleum exploration and development company based in Calgary, Alberta, Canada.

The dual legged well is located on the Company's West Kingsford Property in SouthEastern Saskatchewan. The well came on stream January 22, 2014 and has produced continually at an average daily rate of approximately 112 barrels per day through to March 31, 2014. The Company participated for its full 13% working interest and believes that there is excellent potential for further offset drilling.

Abenteuer is a Canadian oil exploration, development and production company that focuses on low risk oil production opportunities. The Company is also in the process of evaluating opportunities in Middle East and North Africa with a focus on production enhancement. Accordingly, the Company has retained local consultants and entered into discussions with potential partners in the Levant Basin.

On Behalf of the Board,

"J. Lewis Dillman"

J. Lewis Dillman CEO and Director

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